

Balmalloch Primary School and Nursery Class



Safe Guarding : Nutrition Policy



responsi**B**ility

gr**A**ttitude

BELIEVE IN YOURSELF

hu**M**ility and forgiveness

persever**A**nce

Love

ACHIEVE YOUR GOALS

h**O**nesty and gener**O**sity

respe**C**t

friends**H**ip & family

A Place of Enthusiastic Learning and Achievement!

Introduction

Since the implementation of Nutritional Guidance for the Early Years (2006) and more recently Setting the Table 2015 Early Years settings have seen a significant improvement in food and drink provision. It is now usual practice for childcare providers to provide healthier snacks and drinks. This has resulted in children maintain a healthy weight and a reduction in poor oral health.

Policy Aims

- To ensure children's nutritional needs are met
- To encourage healthy lifestyles
- To ensure equality, ensuring all children's nutritional and cultural needs are met.

Practical Guidance

- The weekly lunch menu will be on posted on Twitter in advance.
- The weekly menu will provide children with a varied and healthy diet.
- All children will be offered suitable foods; this will include children with special dietary requirements and allergies.
- Milk or water will be served with morning and afternoon snacks.
- All dairy products used in the nursery will be full fat.
- Water will be available at all times.
- Milk or water will be served with the main meal.
- Children will be allowed to have second helpings of fruit- or milk-based desserts if available.
- Children will still receive dessert if they refuse their main course.
- Parents or guardians will be advised if their child is not eating well.
- Parents of children who are on special diets will be asked to provide as much written information as possible about suitable foods, and in some cases may be asked to provide the food themselves. A photograph of any child with a special dietary requirement or allergy will be displayed in the food preparation area to ensure that permanent and supply staff are aware of each individual child's needs.
- Staff will sit with children while they eat and will provide a good role model for healthy eating.

- Withholding food will not be used as a form of punishment.
- Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.

Sandra Merrick
Early Learning & Childcare Principal Lead
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Review Schedule: May 2022