

THE LAWNS EARLY EXCELLENCE AND CHILDREN'S CENTRE

NUTRITIONAL POLICY

- * The weekly menu will be on display in advance.
- * The weekly menu will provide children in child care with a tasty, varied diet.
- * All children in childcare will have suitable food made available to them.
- * Children, parents and staff should wash their hands before meals and snacks.
- * Food will be served in an area which is clean, warm and bright with appropriately sized furniture, plates, bowls, cups and cutlery.
- * Children will be given small amounts of food and encouraged to try everything. They will be given the opportunity to ask for more.
- * Children will still receive desert if they refuse their main course.
- * Withholding food will never be used as a form of punishment.
- * Mealtimes will be used as an opportunity to provide education about healthy eating.
- * Parents or guardians will be advised if their children are not eating well.
- * Parents of children who have special dietary needs for medical or religious reasons will be asked to provide as much information as possible about suitable food.
- * Advice and support information will be given to parents about suitable foods to bring from home i.e. Holiday club.
- * Children will be encouraged to use open topped cups from 6 months.
- * Morning and afternoon snacks will be sugar free and only milk and water served to protect children's oral health.
- * Parents and carers will be encouraged to hold their baby appropriately in a nurturing way during milk feeds.
- * A high-chair with safety straps will be available for infants while they are fed solid food or self feeding. Parents will be encouraged to offer a spoon to hold and babies encouraged to feed themselves.
- * Carers will sit with children while they eat and will provide a good role model for healthy eating.
- * Children will be encouraged to develop good eating skills and table manners by adults who encourage conversation, turn taking and use smiles and praise to reinforce appropriate behaviour. All children will be given plenty of time to eat.
- * Advice will be given to parents about suitable ways to celebrate birthdays and special occasions. Children will be encouraged to take any sugary food made during baking activities home to eat with a meal.

To protect children's oral health, celebrations held at snack time will continue to be sugar free with milk and water. Non-food activities will be used to reflect religious and cultural festivals.

- * An acceptable level of hygiene is expected where food is prepared or served.
- * Children will be encouraged to play outside every day, weather permitting. This will ensure that they have an opportunity to be exposed to summer sunlight, which helps their bodies to make vitamin D.