

# Food and Drink Management

## Meal times

### Aims

Meal times are designed and organised to be a social occasion where children sit alongside staff to enjoy a family atmosphere of sharing a meal. The staff encourage children to develop good table manners and the correct use of utensils. Staff also encourage children to be courteous and well behaved throughout the meal.

All children are requested to supply their own individual drinking water bottle or age appropriate container which the Nursery always supplies if needed and keeps filled each day in order to promote independence and healthy choice.

### Snacks

Meals are provided by the Nursery three times daily and are served by the nursery nursing staff.

#### **Breakfast**

- Cereals - babies
- Hot buttered toast
- Milk

#### **Teatime (selection of)**

- Homemade soup and bread
- Crumpets and cheese
- A selection of sandwiches and salad
- Cheese and crackers
- Hummus, chopped vegetables & breadsticks.
- Selection of fresh fruit

### Lunchtime

The Nursery has been awarded a Nurturing Health Award by Live Well & Be Well in Staffordshire. The Nursery Manager/Person in Charge in association with the nursery cook plans a four week menu, which alters frequently to include fresh seasonal products. The menus offer a balanced diet with reduced sugar wherever possible. The food is prepared by the Cook and supported by the Nursery Manager/Person in Charge with any special dietary request catered for in the menu plans. Provision is always made for a vegetarian menu.

- Weekly menus are on display for all parents to view.
- Staff set a good example of good table manners.
- Staff promote the correct use of utensils.
- Staff encourage older children to wait before starting the meal until everyone has been served.
- Children are encouraged to try a small amount of all food unless the child is on a special diet.
- If a child does not finish their first course staff will only provide a small portion of dessert.
- Children who are slow eaters will be given time without feeling rushed.
- Staff adjust children's quantities to take into account the child's age and appetite.
- Staff do not serve the dessert until all the children have finished their main meal.
- Children are allowed to talk but shouting is not allowed.
- Cultural differences in eating habits will be recognised and respected.
- If a child shows distress at mealtimes their food is removed without fuss.