

# Food and Nutrition Policy

The food and nutrition policy sets our commitment to ensuring every child is provided with a nutritionally balanced diet. As part of our additional services and provisions policy Bright Beginnings will offer a pescatarian menu. A pescatarian diet is one which offers fish and similar to a vegetarian diet does not include meat products. Meals are cooked on site by our designated catering team. The menus have been prepared by our Centre Cook regarding:

- **Early Years Foundation Stage Guidance (EYFS) 3.47.** *Where children are provided with meals, snacks and drinks, they must be **healthy, balanced and nutritious**.* (2014)
- **Voluntary Food and Drink Guidelines for Early Years Settings in England: The Children's Food Trust. (2012)**
- **Advice from University of Leeds Food and Nutrition Department (2017)**
- **Eat Well Guide Public: Health England (2016)**

Meals and foods offered throughout the day at Bright Beginnings offer children a balanced nutritional diet essential for healthy growth and development meeting guidelines for salt and sugar, calorific intake and overall nutritional value. Children should be offered additional meals/foods at home to ensure their calorie intake is met for the day.

## **Meals within the Centre:**

**Light Breakfast** - Available from 8.00am until 9.15am

This is a light breakfast of either cereals with milk served with diluted fresh juice or brown or white toast served with milk. It is expected that you would provide your child with some breakfast prior to arriving at the Centre if they attended a morning session.

**Lunch** - Served at 11.30am

A balanced and nutritious 2 course meal served with fresh water.

# Food and Nutrition Policy

**Light Tea**- Served at 2.45pm

A balanced and nutritious two course light tea served with fresh water. It is expected you will provide your child with a further meal or supper after leaving the Centre at the end of the Centre day.

**Additional nutritional provision throughout the day:**

**Mid-Morning Snack** - offered between 9.30am and 10.00am

Fruit and or breadsticks and fresh water.

**Mid-Afternoon Snack** - offered between 1.30 and 2.00pm

Low sugar plain biscuit with fresh milk.

**Evening Snack** – offered between 4.45pm and 5.15pm

Vegetable sticks, fruit or malted squares.

**Fruit & Veg bowl in each playroom** - Children have access to and are offered fruit or chopped selected vegetables, for example cucumber, carrot, peppers throughout the day. Babies are encouraged to eat fruit, older children are encouraged to indicate they would like to have some fruit/veg. Staff will prepare fruit and vegetables as and when required in the rooms.

**Fresh water** - Children have continuous access to fresh drinking water daily. Playscheme children have access to a water cooler within the Zone. Grasshoppers / Dragonfly / Millipede / Bumblebee and Ladybird children have access to fresh water all day, using individually labelled drinking bottles.

Caterpillar and Butterfly children have labelled non-spill drinking cups available for fresh water offered periodically throughout the day. These cups are within sight of babies as they play which encourages them to communicate their needs.

# Food and Nutrition Policy

**Milk** - in addition to milk provided for breakfast cereals and used in cooking, milk is provided for your child to drink during mid afternoon snack time. In line with national nutritional advice and standards, we offer our children over the age of 2 semi skimmed milk as well as full fat.

## **Bright Beginnings Menus**

Menus are planned by the Centre Cook. We are always open to ideas and support when developing our menus and welcome contributions/recipe ideas from parents. Menus include a variety of dishes as we work to reflect our rich and diverse mix of families and children attending. Centre Seasonal menus are developed with the 14 most common allergens displayed, as directed by the Food Standards Agency. These are available on the Centre Website and throughout the Centre. The current 'weeks' menu is displayed in the entrance vestibule to the Centre.

**Spring** – March, April and May

**Summer** – June, July and August

**Autumn** – September, October and November

**Winter** – December, January and February

Menus cover four weeks, being rotated to cover each three month period.

## **Dietary Requirements, Allergies and Intolerances**

The Centre Cook will work closely with families to ensure medical dietary needs will be catered for. If your child does not have any medical dietary exemptions they will be expected to follow the balanced and healthy menu that we provide. You will be able to discuss your child's specific medical dietary requirements during your child's induction period. Should you feel your child is intolerant or allergic to certain foods, we would urge you to seek expert advice from a qualified dietician or medical professional. You must provide us with a copy of the diagnosis and dietary advice in

# Food and Nutrition Policy

order we can meet your child's medical dietary needs within the Centre. This will ensure your child continues to have their dietary needs met within the Centre and at home. A suspected intolerance could be a sign there is an underlying medical issue and medical advice should be sought. Children under the care of a qualified dietician will be periodically retested which can lead to the reintroducing of foods.

## **Mealtimes**

Staff help children to regard meals times as a relaxing social occasion. In all play areas children sit in small groups or key groups, around tables supported by a key person. Staff encourage the child to develop independence whilst feeding themselves and self-serving food. Children are encouraged to develop positive healthy attitudes to foods and meals been encouraged to try foods. Children will be given opportunities to experience a variety of eating methods, with fingers, cutlery, chopsticks etc. Age appropriate eating utensils and cutlery are provided.

## **Sweets**

Children will only be offered sweets to support a particular Festival or Celebration. For example gold chocolate coins for Lunar New Year or baking cakes as part of the learning activity supporting a festivals/celebration.

If parents choose to bring cakes to celebrate their child's birthday, return from holiday or leaving of the Centre, these will not be automatically distributed in the play areas. Each parent will be given the choice to take something home for their child. Should homemade cakes, buns or any other foods be brought to the Centre, it is the responsibility of parents/carers to provide information around the allergens present; please find details of the 14 major allergens here: <https://www.food.gov.uk/sites/default/files/top-allergy-types.pdf>

# Food and Nutrition Policy

## **Fresh Fruit for Parents & Staff**

Individual pieces of seasonal fruit are always available to purchase from the reception desk to promote health and wellbeing across the Centre.

<b>Policy adopted on</b>	7 <sup>th</sup> July 2017
<b>Signed on behalf of the Centre</b>	Fiona Hakin
<b>Date for review</b>	7 <sup>th</sup> July 2018



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