



Nutrition & Oral Health Policy

Statement of intent

We regard snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of The Care Inspectorate Wales, (CIW), on Food and Drink.

Other considerations

- Mothers will be supported to continue breastfeeding their children.
- Babies will be held upright while bottle feeding. No bottles will be propped.
- Our weekly menu will be on display in advance.
- Parents are encouraged to offer menu suggestions or comments on the nutrition policy.
- All children will have suitable food available depending on their age, development and needs, using the recommended servings table as a guide. This will include children with special dietary requirements.
- Breakfast will be available for children not having it at home. Parents are responsible to inform Staff if their child needs breakfast on arrival.
- Full fat milk will be served as a drink for all children. A low-fat or semi skimmed milk option will be available at parents' request for children over 2 years of age, who eat a varied diet. Other options available on request.
- Water will be available at all times.
- Fizzy drinks and squash will not be provided.
- Milk or water will be served at snack time.
- Parents will be advised if their child is not eating well.
- Parents of children on special diets will be asked to provide as much information as possible about suitable foods. In some cases, parents may be asked to provide food themselves.
- Carers will sit with the children when they eat and encourage good eating habits and table manners.
- Children will be given plenty of time to eat.
- Children will sit when eating or having a drink.
- Withholding food will not be used as a form of punishment.
- Parents are asked not to send sweets, crisps and other snack foods to the Early Years setting.

- Birthday party food should be discussed in advance with the staff.
- No birthday cakes will be brought into setting. The children will celebrate in other ways.
- All food in the Early Years setting will be stored, prepared and served using good food safety practices.
- Staff will receive training in relation to healthy eating and food safety.
- Children will be encouraged to play outside every day, weather permitting, to ensure they receive sunlight which helps their bodies to make vitamin D.
- This policy will be displayed in the reception area. It will be reviewed annually.
- A specific allergy plan will be in place to deal with any child having an allergic reaction.
- The setting will promote oral health and will be involved in Designed to Smile.

Managers Signature: *Julie Ace*

Date: January 2025

Review Date: January 2026

(Adapted from, 'Eating well for under 5's in Childcare'. Caroline Walker Trust 2006)