



Nutrition and Oral Health Policy

This policy considers the latest guidelines:

- Healthy and Sustainable Pre School Scheme
- Food and Health Guidelines 2009
- Care Standards Inspectorate for Wales Minimum Standards for Food and Drink
- Menu checklist for children between 1 – 4 (Welsh Government, 2012)

Aim

During snack and meal times, our aim is to provide nutritious food and drink that meet the individual dietary needs whilst complying with statutory guidelines.

Food Provision

- We prepare breakfast, lunch, mid-afternoon snack and tea
- Deryn Bach does not allow food to be brought in from home
- Dried fruits are eaten as part of a main meal due to their effect on children's teeth when eaten alone
- Suitable food is provided for all children according to age, development and using appropriate sized portions
- Breakfast is provided for children
- Children are allowed to have a second portion of fruits and vegetables if available
- Children are allowed to have dessert, even if they have not eaten their main course
- Neither sweets nor confectionary are allowed
- Parents are informed daily if their child is not eating well
- Menus are available to be viewed on request, please ask a member of staff
- Parents are encouraged to make suggestions for menus
- All of the setting's food is stored, prepared and served in accordance with food hygiene regulations
- The cook, person in charge and senior staff have received food safety training
- Children are encouraged to play outdoors every day to allow them to get sufficient sunlight to produce vitamin D
- Healthy food is used as part of play, language and cookery activities

Breastfeeding

- Mothers are encouraged and supported to breastfeed via dissemination of breastfeeding information
- Comfortable areas are provided for breastfeeding mothers
- There are suitable facilities for storing and preparing breast milk

- Stories including breastfeeding are used
- Breastfeeding is portrayed as a positive experience throughout the nursery

Provision of Drink

- Water is available throughout the day for all children
- Water or milk is served with meals and snacks
- Fizzy drinks, squash or juice are not allowed
- The children have their drinks in lidless cups

Food for Celebrations

- Birthday cakes are prepared on site
- Birthday cakes are served as part of the main meal as the dessert, or at tea time
- Deryn Bach does not allow food to be brought in from home
- The policy is also adhered to during trips

The Food Environment

- A specific time is allocated for snack time, with a sufficient gap between the main meal:
 - Breakfast 9.30am
 - Lunch 12.00pm
 - Mid-afternoon Snack 2.30pm
 - Tea 4:45pm
- Staff sit with children to promote good eating habits
- The children are not left alone to eat
- The children are encouraged to feed themselves if appropriate
- The children are encouraged, and praised for trying new foods
- The setting does not reward children with food
- The setting does not punish children by withholding food
- Good food hygiene is reinforced at all times by using 'Mind the Germs' guidelines
- Babies are held upright whilst bottle feeding
- Recycling and buying locally are promoted
- The importance of considering the seasons and environmental sustainability is recognised

This policy was adopted on	Signed on behalf of the nursery	Date of latest review
26th September 2016	Lmgriffiths	07 March 2019