

Thomas Gray Primary
NUTRITION, SNACK AND MEAL TIME POLICY

Thomas Gray Primary is committed to ensuring that the food provided supports the development of healthy eating practices, we understand that early food experiences have an important effect on adult eating patterns and may influence attitudes to eating. Meal times are enjoyable social occasions, providing an opportunity to encourage good communication skills and language development.

We will ensure that:

- A balanced and healthy midday meal, daily snacks are provided for children.
- Menus will be planned in advance, rotated regularly and reflect cultural diversity and variation. These will be displayed for parents.
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- Menus will include servings of fresh fruit and vegetables.
- Fresh drinking water will be constantly available and frequently offered to children.
- Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs including any allergies. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual diet plan for their child.
- Staff will show sensitivity in providing for children's diets and allergies. They would not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
- Staff will set a good example and eat with the children and show good table manners. Meal and snack times will be organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children will be encouraged to use good manners and say 'Please' and 'Thank you' and conversation will be encouraged.
- Staff will use meal and snack times to help promote children to develop independence through making choices, serving food and drink, and feeding themselves.
- We provide foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones. Cultural differences in eating habits will be respected.
- Any child who shows signs of distress at being faced with a meal he/she does not like will have his food removed without any fuss. If a child does not finish his first course, he/she will still be given a small helping of dessert. Children not on special diets will be encouraged to eat a small piece of everything.
- Children who refuse to eat at the mealtime will be offered food later in the day.
- Children who are slow eaters will be given time and not rushed.
- Quantities will take account of the ages of the children.

Staff providing meals and snacks for the children will:

- Be offered opportunities for relevant training and development
- Under the Food Safety Act, 1990, persons preparing food will hold a food hygiene certificate or have been given training in the food hygiene procedures of the nursery.

Drinks we will provide:

- Plain still water will be available to the children throughout the day.
- Milk and plain still water will be offered with snacks.
- Juice will be offered at lunch time for children who stay for lunch.

To encourage good eating habits we will:

- Make meal times an enjoyable, social occasion.
- Children will be encouraged to participate in the preparation of snacks when appropriate.
- Promote healthy eating.
- A variety of healthy options is made available and new tastes will be actively encouraged.

Signed: AP Taylor Date: 10-07-18
Chair of Governors

Signed: [Signature] Date: 10-07-18
Headteacher

Date to be reviewed: July 20