

## **Healthy Eating and Drink Policy**

At Little Learners Day Care we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements. All meals and snacks are provided by Little Learners (Slice of Pie).

We will ensure that:

- A balanced and healthy breakfast, midday meal, tea and two daily snacks are provided for children attending a full day at the nursery.
- Menus are planned for main meals by Slice of Pie, they are rotated regularly and reflect cultural diversity and variation. The menus are shared with the parents each time there is a menu change.
- All allergens are displayed alongside the menus to show the contents of each meal.
- We provide nutritious food at all snack and mealtimes, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings.
- The lunch meals include a portion of protein, a portion of vegetables, and a portion of carbohydrates. The evening meals are a little lighter, and tend to be a pasta dish, soup, home-made sausage roll and salads, and snacks are mainly fruit and vegetable, cream crackers and cheese, yoghurts, rice cakes.
- Fresh drinking water is always available and accessible. It is frequently offered to children and babies. In hot weather staff will encourage children to drink more water to keep them hydrated.
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child starts or joins the nursery. Where appropriate, we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child. All dietary requirements are sent to Slice of Pie, each child with an allergy or dietary requirement has their own place mats.
- We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate, an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods.
- Staff show sensitivity in providing for children's diets and allergies. They do 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.
- Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged.
- Staff support children to make healthy choices and understand the need for healthy eating.
- 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 are respected.
- Any child who shows signs of distress at being faced with a meal he/she does not like will have his/her food removed without any fuss. If a child does not finish his/her first course, he/she will still be given a helping of dessert.
- Children not on special diets are encouraged to eat a small piece of everything.
- Children who refuse to eat at the mealtime are offered food later in the day.
- Children are given time to eat at their own pace and not rushed.
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children.
- We promote positive attitudes to healthy eating through play opportunities and discussions.
- The nursery provides parents with daily records of feeding routines for all children via Nursery in a Box.
- No child is ever left alone when eating/drinking to minimise the risk of choking. All staff are first aid trained.
- We do allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents meets the above and health and safety requirements and ingredients that are listed.
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years.
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

### Example of slice of pie menu:

| Autumn winter 2022 Lunch Menu                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                   |
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| SLICE OF PIE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                   |
| Week 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Monday                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                                            |
| <b>RED</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Garlic and paprika <b>chicken</b> with roasted <b>peppers</b><br>Served with <b>penne pasta</b><br>And <b>rosemary focaccia</b> , <b>Peas</b> , <b>corn</b> and <b>carrots</b><br><b>Apple</b> and <b>sultana cookies</b>                        | <b>Creamy coconut fish</b> with turmeric and <b>sweet potatoes</b><br>Served with Caramelized <b>onion rice</b> and <b>Fresh vegetables</b><br><b>Raspberry</b> and <b>strawberry yoghurt</b>    | <b>Lamb lagoto</b> with roasted <b>plum tomatoes</b> and <b>spinach</b><br>served with <b>Lagana bread</b> ( <b>Greek flatbread</b> , <b>Fine green beans</b> , <b>broccoli</b> <b>carrots</b> and <b>peas</b> .<br><b>Chocolate</b> and <b>beetroot cake</b>  | Roast <b>pork</b> with <b>sage</b> and <b>onion</b> gravy<br>Served with Buttered <b>new potatoes</b> , <b>Crinkle cut carrots</b> , <b>savoy cabbage</b> , <b>broccoli</b> , <b>cauliflower</b> <b>peas</b> and <b>corn</b><br><b>Fruity granola bars</b>                                | <b>Moroccan beef</b> and <b>apricot</b> stew finished with <b>fresh lemons</b> and <b>coriander</b><br>Served with <b>fruity, cous</b> <b>cous</b> And <b>fresh vegetables</b><br><b>Custard creams</b>                           |
| FSA Allergens                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 1.2.4.7                                                                                                                                                                                                                                          | 4.5                                                                                                                                                                                              | 1.2.4.7                                                                                                                                                                                                                                                        | 1.2.14                                                                                                                                                                                                                                                                                    | 2.7.14                                                                                                                                                                                                                            |
| <b>Green</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Garlic and paprika <b>butter</b> <b>beans</b> with roasted <b>peppers</b><br>Served with <b>penne pasta</b> , <b>Peas</b> , <b>corn</b> and <b>carrots</b><br>And a <b>Homemade rosemary focaccia</b><br><b>Apple</b> and <b>sultana cookies</b> | <b>Creamy coconut lentils</b> with turmeric and <b>sweet potatoes</b><br>Served with Caramelized <b>onion rice</b> and <b>Fresh vegetables</b><br><b>Raspberry</b> and <b>strawberry yoghurt</b> | <b>Quorn lagoto</b> with roasted <b>plum tomatoes</b> and <b>spinach</b><br>served with <b>Lagana bread</b> ( <b>Greek flatbread</b> , <b>Fine green beans</b> , <b>broccoli</b> <b>carrots</b> and <b>peas</b> .<br><b>Chocolate</b> and <b>beetroot cake</b> | Roasted <b>veggie</b> and <b>split pea</b> balls with <b>sage</b> and <b>onion</b> gravy<br>Served with Buttered <b>new potatoes</b> , <b>Crinkle cut carrots</b> , <b>savoy cabbage</b> , <b>broccoli</b> , <b>cauliflower</b> <b>peas</b> and <b>corn</b><br><b>Fruity granola bars</b> | <b>Moroccan peppers</b> , <b>aduki</b> beans with <b>apricots</b> stew finished with <b>fresh lemons</b> and <b>coriander</b><br>Served with <b>fruity, cous</b> <b>cous</b> And <b>fresh vegetables</b><br><b>Custard creams</b> |
| FSA Allergens                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 1.2.4.7                                                                                                                                                                                                                                          | 4                                                                                                                                                                                                | 1.2.4.7                                                                                                                                                                                                                                                        | 1.2.14                                                                                                                                                                                                                                                                                    | 2.7.14                                                                                                                                                                                                                            |
| Foods Highlighted Indicate - <b>red</b> = Protein Foods, <b>Yellow</b> = Starchy Foods, <b>Green</b> = Fruits and Vegetables, <b>Blue</b> = Dairy Foods, <b>Purple</b> = Deserts.<br><b>Food Standard Agency (FSA) Allergy List:</b> 1 - Celery, 2 - Gluten(Ngcl), 3 - Crustaceans, 4 - Eggs, 5 - Fish, 6 - Lupin, 7 - Milk, 8 - Molluscs, 9 - Mustard, 10 - Nuts, 11 - Peanuts, 12 - Sesame Seeds, 13 - Soya, 14 - Sulphur Dioxide ( <b>allergens are correct at time of publishing updates will be published monthly</b> )<br>Dietary Requirements Are Catered For Wherever Possible. Menu Is Subject To Change Depending On The Availability Of Ingredients. Seasonal Vegetables Are Used Although Substitutions May Be Made Where They Are Not Available. |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                   |

Further information for fussy eaters:

[Fussy eaters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

| This policy updated: | Signed on behalf of the nursery  | Date for review |
|----------------------|----------------------------------|-----------------|
| January 2025         | V. George Vicky George - Manager | January 2026    |