

**TINY HORIZONS DAY NURSERY**

**MEAL AND SNACK POLICY**

Meal times are a social occasion for both children and staff.

Meals and snacks are carefully prepared taking into consideration the tastes, preferences and allergies of each child. Individual dietary requirements will be respected and planned for in advance, there is a list in each room with children who have allergies and what they are, also in the kitchen there is a detailed list to allow the cook to know which child is in, what day and with what allergy.

If a child does not finish their meal, they will be congratulated for trying the food. Conversation at meal times is encouraged but shouting will be discouraged. Children who eat slower will be given plenty of time to eat without being rushed.

The babies are either held whilst feeding or are seated in high chairs, safety straps are used children are always supervised.

All children are encouraged to be independent whilst ensuring that they get the help and assistance they require.

All food is prepared on-sight at the nursery by our designated chef. A three week rolling menu is used and is provided overleaf.

We work with parents following any food routines their child may have.

We will notify OFSTED of any food poisoning affecting two or more children looked after on the premises.

**Policy amended in August 2016**

**Policy review date August 2017**

**Signed on behalf of Tiny Horizons Day Nursery.....**