

Healthy Eating Policy

Purpose of the policy

Mealtimes should be social, learning times when we can sit down with our friends quietly to enjoy our food. Good examples of table manners and behaviour are given by a member of staff sitting with small groups of children. Children are encouraged to try new things and learn about healthy eating. All snacks / lunch is provided at Merry Kidz Day Nursery and are inclusive in the full-time fees.

All food is freshly prepared daily on site in our kitchen. All our menus are nutritionally balanced. Fresh fruit and vegetables are always available. Salt, sugar and additives are kept to a bare minimum. At least three portions of fruit and vegetables are on offer each day. We encourage children to drink water throughout the day. They are given the option of milk or water. We also encourage them to bring a water bottle each day which they can access whenever they want to, we also have a water dispenser situated in the upstairs corridor, which the children can access daily. All dietary requirements are catered for and weaning programs are followed in line with parent's wishes and Health Authority Guidelines. Allergies / Dietary requirements

If you are aware that your child has an allergy / dietary requirement to certain foods or food product please ensure that you inform staff, and the information is added onto your child's individual care plan. It is important that you tell us no matter how minor or severe the allergy is. A list of children with allergies is kept in each department. All children have their own allergy cards for snack / lunch times detailing any allergy, dietary requirements so that all staff are fully aware. As some children have known allergies, we kindly request that parents do not bring in food from home unless this has been agreed by the management of the nursery.