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Training Depot Day Nursery

Healthy Child policy

Menus and Snacks

The Nursery provides all food, snacks and drinks. Meals are cooked by a health and hygiene certificated person. We have two seasonal menus: October – April is the winter menu, April – September is the summer menu. The menus are displayed on a 4x weekly cycle on the information board situated just outside the office. Any dietary needs, either for allergies or culture, will be met by the Nursery. A doctor's/hospital letter may be required for allergens. Medication and/or epi pens will need to be on our premises at all times or the child will not be allowed into the Nursery. It is the parents responsibility to ensure that all medication are in date and replacement are available when needed. Parents are required upon registration to provide this information.

The Nursery provides breakfast, a cooked lunch and dessert and two nutritious snacks per day.

Mealtimes

At each snack and mealtime, the children sit at size appropriate tables and chairs and use size/age appropriate utensils. Open topped cups are provided for all age groups. A small portion of protein, two vegetables and a carbohydrate are initially served, with dessert. Children are encouraged to try all food on their plate, but never forced.

Both rooms have a main room diary where information is logged and passed on to the parents. Children may eat at their own pace.

Mealtime Behaviour

Nursery staff eat with the children at each meal and snack time, children are expected to remain seated whilst eating and noise is to be kept to a minimum, please/thank you and table manners are always encouraged. This is also an opportunity for the children to practice their signing. Children are discouraged from throwing food or eating off others' plates. Pouring drinks and plate scraping are taught. Children can access the food independently when they would like a second serving to encourage independence. Each day there are two different children helpers who assist during meal/snack time. They are distinguishable by their red or yellow tabards with 'Helper' on. Meals are always served regardless of any negative behaviour and food is not used as reward or punishment. Positive behaviour at mealtimes is always praised.

Educational Links

Cooking and food preparation are a part of the children's daily activity. All children are encouraged and given the opportunity to use all their senses during cooking activities and mealtimes, whilst also learning about food origins and cooking processes, children have a role throughout and are able to taste the end product. Savoury food activities are encouraged. If the children prepare foods that include sugar, children will consume it as part of a meal, or parents will be given it to take home. We have a wide variety of cultural clients and parents who are invited and encouraged to bring in recipes or join in the cooking sessions. Parents are invited to come along on picnics, trips, mums and dads breakfasts and attend events held by the Nursery throughout the year. Parents are asked not to bring foods along unless given permission for dietary requirements.

Drinks

Water is available throughout the day; jugs are kept on view at a height children can see. Water is also available during outdoor play.

Only milk and water are offered at main meal or snack times.

Open-topped cups are provided for all the children from the start of Nursery at 10 months.

Celebrations

Sweet foods are limited to lunch time dessert only, which generally consist of fruit and full fat milk. BIRTHDAY/LEAVING or any other CELEBRATION CAKES or SWEET TREATS will NOT be accepted into the Nursery. Alternatives for these treats are encouraged, with ideas on display. Parents are advised to ask for ideas. These guidelines also apply during other celebrations such as religious festivals, fun days, fetes and Christmas.

Any celebration meals will be served in the same way as a normal meal i.e. one source of protein, one carbohydrate and two vegetables, with milk or fruit desserts.

Parents are asked to abide and co-operate with this standard during all celebrations.

Guidance will be given for any requests from the Nursery for parents to share food from home with us.

Health and Hygiene

Children may eat outside during a planned activity where appropriate measures have been put into place for seating and hand washing.

Children are encouraged to wash their hands for at least 20 seconds.

Children must wash their hands before and after every snack and mealtime.

Children must wash their hands before and after cooking, gardening, contact with animals and messy activities.

Children are expected and encouraged to wash their hands after every visit to the bathroom and all aspects of personal hygiene.

Staff and visitors are also expected to abide strictly to the above rules.

Breast Feeding

We have a private area available should any parent wish to breast feed their child/baby whilst at the setting. The designated areas are not signposted as they are not in areas of the building that parents would usually need access to during drop off or collection. A member of staff will happily assist in showing them where to go and ensure that they have access to anything they may need.

Breast milk can be stored in a separate fridge to the Nursery supplies.

Physical Activities

Physical activity is very important for a healthy child. We encourage children to take part in outdoor play, trips, walks to the park and our surrounding areas.

Bottles, Dummies and Lidded Cups

Bottles, dummies and lidded cups have been associated with affecting children's teeth and speech. Using a bottle, dummy or lidded cup is not recommended for prolonged periods as children are more likely to require dental treatment at a young age due to tooth decay from excessive sucking of dummies or drinking from bottles, especially those that contain sweetened drinks such as hot chocolate or juices.

Bottles, dummies and lidded cups can also affect children's speech development and their sipping and swallowing reflex due to sucking only.

We accept children may need these comforters during their settling in period but would work towards using open-topped cups and the absence of dummies with parent's support soon after.

Fussy Eating

Children who are fussy eaters will be encouraged to eat the snacks and meals provided by the Nursery. We discourage food being brought in from home as this does not really tackle the problem and at times the food can be unhealthy and with no variety. Smaller portions can be given and children can help in the preparing and serving. Parents will also be asked to work in partnership to implement strategies encouraging their child to eat both in the setting and at home. A child will never be force fed. Children will not be made to feel different from others and the same amount of encouragement is given to all children during mealtimes to try the different foods that have been served, without causing embarrassment or stress to individual children. The more fuss that is made, the less likely they are to eat and this can cause consistent negativity regarding food.

Reviewed by August 23 by Miss Sandhya