



MEAL TIMES POLICY / GUIDELINES

Safeguarding and Welfare requirement: 3.45 – 3.47

Meal times are:

1. A valuable learning experience
2. A social occasion
3. To encourage interaction between adults/children and their peers
4. A time to monitor children's fine motor development
5. A time to identify eating disorders and likes/dislikes
6. To raise awareness of other cultures, religions and foods from other groups
7. A time for staff to talk and interact with the children

Meal times should be:

1. Stress free and calm, and fun where possible
2. Relaxed
3. When children can eat at their own pace with assistance if required

Before meal times:

1. Children should be told at least 5 minutes before clearing up begins
 2. Staff and all children should wash their hands and if appropriate be encouraged to go to the toilet
 3. Staff should ensure that all equipment required for meal times is collected beforehand to reduce the amount of waiting time and wear gloves and aprons as appropriate. Only staff with Food Hygiene training should serve the food.
- Children should be encouraged to taste all foods but never forced to eat
 - All children should be told or shown what is for dinner. Individual children's dietary needs, will be catered for by the kitchen
 - Food will NEVER be used as a punishment or as a bribe to change behaviour
 - Foods should be attractive and well presented
 - Small amounts of food should be put on the plates
 - Children should be encouraged to serve themselves and others
 - Young children should not be expected to wait for long periods over meal times
 - We have a weaning menu for all our baby room

This policy aims to offer a consistent, familiar routine that operates throughout the Nursery.

Drinks

We will offer Milk and Water for the children to drink during the day. Formula or breast milk must be supplied by the parent/guardian.

In addition, to this to support children with allergies, we offer goat's milk and fresh soya milk.

We never offer squash unless a medical need and the same with fruit juice.

All children will have free access to unlimited drinking water throughout their day. Our babies and toddlers have names cups and we encourage pre-school aged children to have their own water bottle or they can use the cups provided.