

The Nursery on the Green Nutrition Policy

Aims and Objectives

We aim to provide fresh, nutritious and balanced meals for the children at the Nursery on the Green every day.

We aim to use organic ingredients in our meals whenever possible.

We aim to encourage a healthy approach to eating, and recognise that this will help children make informed nutritional choices as they grow and develop.

Operating Policy

Menus

The menu's are devised to reflect the *Guidance* supplied by Ofsted for feeding under fives in the childcare setting and to promote a good early understanding of the importance of good nutrition. A variety of foods from the four main food groups is selected every day:

- Bread, cereals, rice, pasta, potatoes
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish and alternatives

Fresh fruit is always available as an alternative to any dessert, and desserts are based around milk or fruit.

All meals are freshly prepared on the premises daily using fresh ingredients.

We do sometimes serve the children fish fingers; however we ensure that these do not contain additives, and limit to one serving per week.

All food is baked, grilled or shallow fried using a minimum of cooking oil. We never deep fat fry any food.

The menus are produced on a four week rolling programme and the full set of menus is given to parents as part of their induction pack when their child joins the nursery. It is also available on our nursery website and in the weekly newsletter available to all parents and prospective parents.

The menus are reviewed regularly and changes are made to reflect the weather and the seasons and any additional nutritional advice from Ofsted.

We will attempt to cater for any food allergies, preferences or cultural dietary requirements. We will discuss these with individual parents and work alongside them to produce suitable alternatives for their children wherever possible.

The children are given the opportunity to make choices and select foods and are also encouraged to help clear away and tidy up after meals.

Drinks and snacks

We provide water or organic semi-skimmed milk for the children to drink between meals. Each child has their own named cup. When they are old enough to reliably recognise their own cup by the shape and colour they are able to have access to their drink throughout the day. Before then the staff monitor their fluid intake and give the children regular drinks of milk and water.

Special Occasions

We celebrate a wide range of festivals throughout the year, (arranged by our festival coordinator). These reflect our multi-cultural society and usually involve the children preparing and tasting new and different foods. These may be more sugary than the children would usually eat but are for special occasions and not given routinely.

Activities

We believe that the children will be more interested in the principles of healthy eating if they are involved in the process of food growth and preparation.

The children in the nursery grow their own fruits and vegetables in the garden and cook regularly as part of planned activities.

We have a sensory garden which provides the children with their own 'room' to plant and grow a variety of fruit and vegetables. They are also able to use the 'scent' room to link the smell and taste of a variety of plants.

We also reflect healthy eating in our range of 'play foods' that the children access in their rooms when they use the role-play area.

Safety and hygiene in the kitchen

Our kitchen has been inspected by the Environmental Health Authority, and we display the food hygiene award.

Our cooks have completed food hygiene courses and operate a clean well-ordered kitchen that any parent is welcome to inspect. They are regularly updated on information concerning the children with any dietary requirements.

Reviewed October 2018
Sam Foster