

# Diet & Nutrition Policy

## Principles

“Nutrition Matters for Early Years”, is a guidance for feeding the under 5’s in a childcare setting. The nutritional guidance is based on current government recommendations outlined by COMA (Committee on Medical Aspects of Food Policy). It is recognised that an increasing number of children under the age of 5 are spending more time out of the home; the implications are that the dietary intake are in the hands of the carers.

Little Friends believes it is vital to provide all children with a healthy diet, as good nutrition is essential during childhood, as it is a time of rapid growth, development and activity. It is a vital time for healthy tooth development and the prevention of decay. Good eating habits and patterns are formed in the first few years of life, so it is important to expose children to a diet based on good nutrition.

## Procedures

- All foods are prepared in line with environmental guidelines.
- In the preparation of all meals in the nursery, processed foods are kept to a minimum.
- Sugar in snacks is kept to a minimum and served only once in a 2 week period. All drinks are a choice of milk or water.
- In accordance with environmental guidelines we will try our utmost to accommodate any special dietary requirements, however if this is beyond our capabilities we will discuss and assist any parent in their child’s needs.
- Any parent who wishes to continue to breastfeed we are more than happy to continue to help in whatever way necessary.
- Little Friends welcome and support any mother wishing to breastfeed and have allocated areas in the nursery, please ask a member of staff.
- Food safety and HACCP guidelines are stored in files in the kitchen.
- Copy of sample monthly menu enclosed.

## Sample of Daily Menu

### Breakfast 7.30 – 8.30

Porridge                      Readybrek                      Cornflakes

Weetabix                      Rice Krispies

Breakfast juice, water and milk.

### **Morning Snack 9.30 – 10.30**

Toast and milk

### **Lunch 11.45 – 1.00**

Protein – meat/fish

Carbohydrates – potatoes, rice, pasta

Vegetables – 2 portions

### **Afternoon Snack**

**Option 1** – Pitta bread, raw vegetables, salads, cold meats, dips

**Option 2** – Brown bread sandwiches – cold meats, cheeses

**Option 3** – Yoghurts, dried fruit, crackers, rice cakes, crispbreads, breadsticks

**Option 4** – Beans on toast, spaghetti on toast, cheese on toast

Cup of soup with crusty bread, garlic bread, pizza (Afterschool only)

**Option 5** – Cheese and crackers (soft cheese – spreads and cottage) (hard cheese

Cheddar), cherry tomatoes.

**Option 6** – Pancakes, muffins, veda bread, scones, fruit loaf, wheaten bread.

Drinks – Smoothies, hot chocolate, milkshakes, water, milk, fruit juices

**Option 7** – Milky puddings – custard, rice, semolina served with pureed fruit

### **Fruit Platter 4pm**

Basic fruits – apple, orange, banana, raisins, grapes

Seasonal fruits – strawberries, raspberries, pineapple

Vegetables – carrot sticks, cucumber

**A light tea can be offered at a charge, same as a lunch menu option.**

### **Links to other policies**

Children with Additional/ Special Needs Policy

Healthy Eating Policy

Healthy Lifestyle Policy

Health & Safety Policy

Infection Control Policy

Partnership with Parents Policy

Staff Development & Training Policy

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_