

Healthy Eating Policy

Version: 1

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Policy Statements

Trinity College Day Nursery aims to provide children in our care with freshly prepared and nutritionally balanced meals and snacks and we will encourage children to try a variety of foods and flavours.

Special provision will be made for children who have specific intolerances or allergies, in certain cases help may be sought from parents to provide any necessary alternatives. In addition, children with allergies will also have a medical action plan in case of allergic reactions.

Food prepared on site is done so under strict adherence to health and hygiene standards by appropriately qualified personal.

A record of how children have eaten is taken as a matter of course; specific monitoring can be arranged if required in discussion between parents and the child's key person.

Withholding food will never be used as a form of discipline

Snacks and main meals

Meals are included as part of session bookings that cover lunch (12-1pm) and tea time (4-5pm) and the appropriate charge will be levied for these. Breakfast can be provided for children if required (8-8.30am). All children in morning sessions will have a mainly fruit based snack, with a drink of milk (or suitable substitute) as part of their morning routine.

For children in the lady bird unit, parents are asked to inform their key person as to the specific requirements for their child. A fridge is available for parents to leave the appropriate milk and bottles needed for the booked sessions. Children who have been, or are in the process of being, weaned will be offered the main meal at lunch time. This can be blended or coarsely chopped as appropriate.

Additional aims

- The weekly menu (see attached sample) will be displayed in advance and recipes will be available for parents
- Water is available in Busy Bees and children are made aware of how to access this at any point during the day. Hydration and hunger levels for children in Lady Birds are monitored by staff and milk/drinks offered when required.
- Children will be offered desert even if they have refused their main course
- Children will be allowed, if available, to have second helpings of fruit or milk based deserts
- Sweets and soft drinks will not be served

- Parents or guardians will be advised if their children are not eating well
- Nursery staff and volunteers will sit with children and aid them during meal times; children are encouraged to be as autonomous as possible in feeding themselves
- Children will be encouraged to develop good eating habits and table manners and will be given plenty of time within which to eat
- In keeping with the ethos of Trinity College and Trinity College Day Nursery children and lunchtime helpers are encouraged to participate in a sung 'grace' at the start of lunch
- As part of our nutrition policy we encourage healthy activity within the college day; playing outside is therefore a key aspect of this both for the exercise provided and the nutritional benefit of exposure to sunlight