



Nutrition & Oral Health Policy

Bright Start Day Nursery aims to offer high quality childcare. We recognise the need to offer well balanced and nutritious meals and snacks along with tooth friendly drinks and to encourage healthy eating habits from an early age.

- ✓ Our weekly menu will provide children in our care with a tasty, varied diet that aims to fulfil their nutritional requirements for healthy growth and development. Meals and snacks will include foods from the 4 main food groups on the Department of Health 'Eat Well Plate' with considerations for nutritional requirements for children under 5 years of age.
- ✓ Our weekly menu will be on display in advance. Recipes are available to parents on request.
- ✓ Processed foods which contain high proportions of fat, sugar or salt will be kept to a minimum and products such as potato faces or waffles, sausages, burgers and fish fingers will be served no more than twice a week. Healthier cooking methods such as roasting, boiling and or grilling will be used.
- ✓ Where possible food will be locally sourced and seasonal produce.
- ✓ Milk or water will be the only drinks offered.
- ✓ Water will be freely available at all times in a named water bottle provided by the nursery.
- ✓ Fizzy drinks and squashes will not be offered and we respectfully request that these items are not brought into the setting.
- ✓ Sweets and confectionery will not be offered at anytime
- ✓ All meals and snacks will be served on plates and the appropriate cutlery provided
- ✓ All mealtimes will be used as an opportunity to encourage positive social skills. Nursery staff will sit with the children when they eat and encourage good eating habits, table manners and conversation. Plenty of time will be given for mealtimes and nursery staff will act as an appropriate role model for healthy eating.



- ✓ Withholding food will not be used as a form of punishment neither will it be used as a reward.
- ✓ All dietary requirements will be respected including personal, religious and medical.
- ✓ A specific plan will be put in place for children with food allergies or intolerances.
- ✓ Parents of children who are on special diets will be asked to provide as much information as possible about suitable foods and in some cases asked to provide the food themselves.
- ✓ Parents or guardians will be advised if their child is not eating well.
- ✓ Healthy eating will be promoted through a range of activities and experiences for the children including play, stories, food tasting, cooking activities and music.
- ✓ Children will be encouraged to play outside every day. This will help to ensure that they have the opportunity to be exposed to sunlight, which helps their bodies to make vitamin D. Extreme weather conditions will be considered.
- ✓ Physical activity is also important so your child will have lots of opportunity to be active including: outdoor play, dance, games, walks, bikes, slides, balls etc.
- ✓ Staff will maintain a high level of food safety and hygiene standards. Food Standards Agency and Environmental requirements are complied with and the setting has recently been awarded a rating of 5 following our last inspection. Hand washing procedures are in place for children and staff.
- ✓ We are signed up to the Welsh Government's Breast Feeding Baby Friendly Initiative and will support mothers to continue breast feeding their child. Please see our Breast Feeding Policy for more details.

We would like to thank all our parents for their support in putting this policy into practice. We would love to hear your comments and suggestions and together we can give our wonderful children a healthy start in life.