

Birdwood Nursery Snack and Lunch Club Guidelines

Snack and mealtimes are an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

1. Guidelines

- Parents outline dietary requirements on the registration form;
- Staff take account of this information when providing food and drink;
- All staff show sensitivity in providing for children's diets, allergies and cultural or ethnic food preferences. A child's diet or allergy is never used as a label for the child, they are not made to feel 'singled out' because of their diet, allergy, or cultural/ethnic food preferences;
- Children who are showing signs of 'fussy or faddy eating' are not forced to eat anything they do not want to;
- Staff recognise the signs that a child has had enough and ask the child to throw away uneaten food without comment;
- Children are not made to stay at the table after others have left if they refuse to eat certain items of food;
- To protect children with food allergies, we discourage children from sharing and swapping their food with one another.

2. Snack Time

During a morning session there is a snack provided by the nursery, kindly donated by the parents.

- Fresh drinking water is available throughout the morning from the water bottles each child provides;
- Snack times are organised as social occasions;
- We request that the food provided by the parents is either fruit or vegetables.
- We do not provide cooked meals.

3. Lunch Club

We only offer a morning provision. However, there is an additional Lunch Club provided from 12 noon until 12.45pm.

For lunch club:

- We ask that parents provide the children a healthy lunch box;
- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk-based deserts, such as yoghurt;
- We discourage sweet drinks and provide the child with their water bottle;
- We discourage packed lunch contents that consist largely of processed foods, chocolate bars, fizzy drinks or sweets and sweet drinks.