



Liskeard Child Development Centre
Sunshine Room

20. Nutrition and Snack times

Snack times should be a happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. The Liskeard Child Development Centre is committed to offering children healthy, nutritious and balanced snacks which meet individual needs and requirements.

We will ensure that:

- A balanced and healthy snack is provided for children attending the nursery.
- At times the children may also be involved in cooking and making snacks. We aim to reflect cultural diversity and variation.
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- Fresh fruit and vegetables are also available each day.
- Fresh drinking water will be constantly available and frequently offered to children. Milk, juice and water are offered at snack times. If parents would prefer their child to use their own drink or drinks bottle we will ensure all staff are aware and use.
- Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs including any allergies. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child.
- Staff will show sensitivity in providing for children's diets and allergies. They would not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
- Snack times will be organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children will be encouraged to use their manners as appropriate.

- Staff will use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves. Staff will support children to make healthy choices and understand the need for healthy eating.
- We provide foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones. Cultural differences in eating habits will be respected.
- Any child who shows signs of distress at being faced with a snack he/she does not like will have his/her food removed without any fuss. Children not on special diets will be encouraged to eat a small portion from a variety of foods.
- Children who refuse to eat at the mealtime will be offered food later in the day if appropriate.
- Children will be given time to eat at their own pace and not rushed.
- We will promote positive attitudes to healthy eating through play opportunities and discussions.
- The nursery will provide feedback to parents about snack time as relevant.
- No child is ever left alone when eating/drinking to ensure that there is no risk of choking.

Internal use only

This policy was adopted on	
Signed on behalf of the nursery	
Date disseminated to staff	
Date for review	