**Menus and nutrition policy**

We believe that it’s important to establish healthy eating habits early on to give your

children the best start in life. We aim to make this possible by giving the children in our

nursery home cooked, nutritional food. We will endeavour to involve the children in the

process of choosing, growing and preparing food as much as possible, where there will

be emphasis on food hygiene and where food comes from. All children will be part of

Kinder Croft as a working croft so will be deeply involved in the processes of rearing and

producing food.

Our menus will be readily available termly in advance for parents and children via a

newsletter.

We will provide your child with:

• A morning snack. This will be served at about10am. The children will have a

choice of full fat milk or water to drink.

• Lunch: If your child is attending for longer than 4 hours they will be provided with

lunch at an additional charge. Lunch will be served at 12noon.

• Afternoon snack. This will be served at about 2.30pm. The children will have a

choice of full fat milk or water.

Children will have access to water at all times throughout the day. Each child will be

asked to bring their own personal water bottle to drink from this will be kept it the

child’s backpack. Children can help themselves if they feel thirsty through the day.

There will also be a container of mains water and cups available for any children who

forget to bring their own bottle or require top ups.

Our water is not mains so is only used for play or washing dishes after boiling. Mains

water is expected to be installed in the summer of 2021.

All our food is cooked with low salt and very low sugar content. Sweets and candy is not

permitted in the nursery but cake will be eaten on special occasions.

All allergies and dietary requirements will be catered for. These requirements will be

discussed in detail at your child’s settling in sessions and appropriate information will be

recorded and put in place.

Meal and snacks times should be an enjoyable and social experience for the children. All

children will eat together in a circle wherever we may be and staff will encourage good

manners and give praise for this. They will use snack and meal times to encourage the

children to become independent and make their own choices. Staff will always sit with

the children and can also enjoy the snacks that the nursery provides. Staff will

encourage children as much as possible to try new foods but we fully understand that

some children will not like certain foods.

If your child does not like foods on our menu they will be given a sandwich as an

alternative. Extra portions of the main meal will be provided if children are still hungry.

Puddings will not be withheld for not eating main meals.

Snack and meal times will always be supervised to minimise the risk of choking. Foods

which may be more of a risk for choking will be cut into smaller pieces or skin will be

removed.

Staff will be trained in outdoor campfire food preparation and we have a specially

designed kitchen area and children will be regularly involved in all aspects of food

production including helping with our livestock, cooking and preparing their own food

and learning about food waste.

We will have an emphasis on understanding local and seasonal food though our hands on

approach but we also experience foods form across a range of cultures to further the

global citizenship goals of our curriculum model.

A sample menu

We want to remain responsive to the environment around us and if the chance arises to

eat other foods from what we have been growing our menu may change to

accommodate.

Verified: M.Planterose

On: 23/11/22

Date of review: 23/11/22