



Orchard House Nutrition Policy

At Orchard House we strongly believe that all meal and snack times should be a happy, social occasion for children and staff. Positive interactions should be shared at these times and enjoyed. At Orchard House we are committed to providing children with a healthy, nutritious, and balanced meals and snacks that are vegetarian or have an option of chicken, turkey, or lamb. We ensure that we individual needs and requirements especially with regards to allergies

How we will ensure this:

- Children will be provided with breakfast, lunch, and an afternoon snack. Served with water or milk.
- Menus are planned and rotated to offer variation. These will be displayed for parents to see.
- We will provide nutritious food at meal and snack time, avoiding large quantities of fat, sugar, salt, and artificial additives.
- Our menus include at least 5 portions of fruit and vegetables per day
- We value and where possible include children and parents' comments when planning the menus.
- Children have water bottles that are filled with fresh drinking water regularly. Juice is limited to special occasions only.
- All dietary requirements will be respected, this information is gained from the parents at settling in sessions ie no sugar
- Children with allergies will have individual care plans and menus will be planned around this (nut or egg allergies)
- Children and staff sit together so it is a social occasion, children are encouraged to be independent and use manners such as "please" and "thank you" conversations are encouraged and children are NOT expected to sit in silence
- Mealtimes will be used to promote independence such a choosing if they would like sauce, allowing them to use a knife and fork providing help when needed

- When possible, older children will be encouraged to self-serve
- Children will be given small portions and provided with more if required, so children to not feel overwhelmed by food.
- If a child decides they do not like something then they are slowly encouraged in a calm and quiet manner, children should not become distressed at mealtimes
- Slow eaters will not be rushed mealtimes are not timed
- Parents of children under 2 will get written information of what they have eaten daily in their contact books and over 2 will be displayed on the white board.

It's important that children develop healthy relationships with food.

23rd July 2024