

[Link to Statutory Framework for the Early Years Foundation Stage.](#)

Section 3. Food and Drink

Healthy Eating, Food and Nutrition Policy

Topsham House aims to provide a well-balanced and nutritious diet for all children attending the setting.

Topsham House will provide a relaxed and enjoyable experience at all mealtimes.

How we achieve this-

- We use, when possible fresh produce.
- All our food is cooked onsite daily by our full time cook.
- We use a well respected, local fruit and vegetable supplier.
- We add no extra salt or sugar into our food.
- As recommended, we provide full fat milk and yoghurts for children over one and under five years.
- Water is readily available for all children. Children are offered drinks on a regular basis throughout the day.

We have a 24 day rolling menu. Our menus have been formulated using guidance from the NDNA and Annabel Karmel to provide a nutritional menu for young children.

All children are offered a morning drink and snack consisting of milk every day and on alternate days two different fruits or a biscuit and fruit.

Children are offered five portions of fruit and vegetables daily.

We provide a vegetarian option for every meal time.

Children with dietary requirements will have food provided for them after consultation with parents /carers.

Menus will be displayed in the setting for parents/cares to see.

The food provided will be at the appropriate consistency for the age and stage of development for the child.

Topsham House will provide a safe and stimulating environment which will encourage independence and will help to develop good eating habits and social skills.

How we will achieve this-

- When possible staff we eat at the table with the children to encourage social interaction and will also provide a good role model for the children.
- Each child will have enough space at the table to eat comfortably.
- Cutlery will be age and development appropriate.
- Children will not be denied food or drink, nor will it be used as a bribe or punishment.
- Babies who are being bottle fed will always be held by an adult and will **never** be left unattended.
- If a staff member has a concern about a child's diet or eating habits, they will liaise with the child's parents/ carer.
- Children will always be encouraged to try their meals, but **never** forced to eat what they do not wish to.
- Children, who need support with their eating, will be seated near to a staff member who can then help, support and encourage the child.

Please Note

The policies of Topsham House are under continual review in the light of team discussions and its effectiveness. Policies may be amended at any date and any revisions are handed to staff accordingly.

The annual review takes place in June. This policy was updated November 2014 PH