



FOOD GLORIOUS FOOD



The health of your child is paramount and nothing promotes the growth and well-being of your child more than a nutritional and well balanced diet. Southlands Nurseries aims to provide a healthy and balanced menu which meets local and national guidelines.

At both the Crèche and the Kindergarten sites we employ our own specialist team members, each one dedicated to providing your child with the fuel that such young bodies demand.

Our cooks use the freshest products and prepare a varied menu of home cooked food, prepared on the premises on a daily basis. This ensures that your child is exposed to a wide variety of tastes, although we understand that young children are likely to be less adventurous at meal times. We also cater for individual dietary requirements on request.

We recognise the importance of nutrition for our children and have just gained re-accreditation for the Healthy Eating and oral health award which is reviewed on a three year basis.

To ensure that food meets the requirements of the maximum number of children and that it is of the highest quality, the following procedures will be followed:

- ★ All food will be checked at the time of use to ensure that it is not past its use by (or best before) date.
- ★ Soya will sometimes be used instead of meat in order that vegetarians and non-vegetarians will eat the same food.
- ★ All healthy dietary requirements will be catered for
- ★ No squashes will be given. Diluted fresh fruit juice only
- ★ Healthy snacks will be offered only at snack times e.g. fruit/raw vegetables
- ★ Milk/water will only be offered between meal times
- ★ Children are encouraged to establish good culinary skills with support from adults who sit with them
- ★ Kindergarten children are on a table laying rota to promote a positive attitude to meal times

## Food Glorious Food Continued....

- ★ To encourage children's appetites the older children will serve their own food at meal times
- ★ A member of staff will sit and eat with the children at meal and snack times providing a good role model.
- ★ Children serve their own food and pour drinks independently once they are at the Kindergarten
- ★ Children will be given an alternative of fruit after their meal.
- ★ Menus are displayed at both the Crèche and Kindergarten.
- ★ Parents of babies/young children will be given a daily written format of food their child has eaten.

## Children's Birthdays

We encourage parents to bring in healthy alternatives for their child's birthday. However, if parents choose to bring a cake this will be given at tea-time after the children have eaten.

If children bring in party bags we would request that non-edible treats are used. Party bags are given to the parents at the end of the child's day – they can then choose whether they feel it appropriate to give to their child.

## Sweets

Parents may send sweets in with their individual child to be shared out after meals between all children. We do ask for no sweets for individual children.

## Standards and Training

All staff have current and up to date food hygiene training. We also achieve a 5 [STAR](#) Food Hygiene Rating from the Food Standard Agency at both settings.