

NUTRITION POLICY

At WKN we are very much aware of the importance of establishing healthy eating habits within our nursery. Menus are planned in advance and food offered is fresh, wholesome and balanced.

The sharing of refreshments can play an important role in the social life of the nursery as well as reinforcing children's understanding of the importance of the healthy eating.

Aims:

WKN provide nutritious food at snack and meal times, which meets children's individual dietary needs.

The Wisdom Kids Nursery ensures that:

- ❖ Before a child starts to attend the nursery, we find out from parents about their child's dietary needs and preferences, including any allergies.
- ❖ Parents record information about their children's dietary needs in the registration form and sign it.
- ❖ We display information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- ❖ We provide nutritious food, avoiding large quantities of fat, sugar, salt, additives and colourings.
- ❖ Children's medical and personal dietary requirements are respected.
- ❖ Menus are planned in advance and food offered is fresh, wholesome and balanced.
- ❖ A multi cultural food is offered to ensure that children from all backgrounds encounter familiar tastes and that all children also have the opportunity to try the unfamiliar foods.
- ❖ The dietary rules of religious groups and also vegetarians / vegans are known and met in appropriate ways.

❖ **The following elements are including in the daily meals:**

**Protein for growth
Carbohydrate for energy
Essential minerals and vitamins in raw foods, salad and fruits.**

- ❖ We use meal and snack times to help children to develop independence through making healthy choices, serving food, drinks and feeding themselves.
- ❖ We have fresh water constantly available for children to help themselves.
- ❖ We Inform parents about our policy on healthy eating.
- ❖ We encourage parents not to provide junk food from home such as crisps, processed foods, sweet drinks, cakes and biscuits etc. We reserve the right to return this food to the parents as a last resort.
- ❖ We ensure staffs sit with children to eat their lunches so that the meal time is a social occasion.

Signed on behalf of the WKN Nursery -----proprietor/manager

**December 2008
Next review date: January 2010**

