



FOUNDATIONS DAY NURSERY

Est. 2010
Food and Drink

Statement of Intent

Fun Foundations Day Nursery regards snack and meal times as a very important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack and meal times we aim to provide nutritious food, which meets the individual dietary and cultural needs. We aim to meet and exceed the full requirements of The Welsh Government's Best Practice Guidance for Food & Nutrition for Childcare settings.

Food Preparation at Fun Foundations

- We have a full-time nursery cook who freshly prepares all of our food daily. This includes our bread, pastries and sauces.
- We do not use any processed food and only the best ingredients are included in our recipes.

Drinks

- Fizzy drinks, juice and squash will not be provided.
- Parents are encouraged to bring a bottle each day for the children to place in the drinks trolley.
- Fresh drinking water is always available and accessible to children and staff. It is frequently offered to children and babies and intake is monitored. In hot weather staff will encourage children to drink more water to keep them hydrated and increase their own fluid intake.
- Water is served with every meal and morning snack.
- Children will sit when having a drink.

Milk

- Mothers will be supported to continue breastfeeding their children when attending nursery. Milk can be expressed and stored in the nursery milk fridge in preparation for the child's feeding time.
- Bottles/beakers/cups are used to provide the child with milk. (Please see our Sterilising Policy).
- Babies will be held upright while bottle feeding. No bottles will be propped.
- Full fat milk will be served as a drink for children under two. Semi-skimmed milk is available at parents' request for children over two years of age, who eat a varied diet.
- All children have suitable food available depending on their age, development and needs and special dietary requirements.

Food

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- The nursery supports both baby led weaning and the introduction of purees; this is initiated by parents and supported by all staff.
- The nursery cook will freshly prepare fruit and vegetable purees daily to support the introduction of solid foods.
- All food in the nursery will be stored, prepared and served using good food safety practices.
- Parents are asked not to send sweets, crisps and other snack foods to the nursery.
- A balanced and healthy breakfast, midday meal, tea and two daily snacks are provided for children attending a full day at the nursery
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- We do not offer cake to celebrate birthdays, however we request families to provide a fruit basket and we make a fruit cake, which the children thoroughly enjoy!

Menu

- We have a two-weekly menu that is rotated and reviewed annually.
- Our menu is displayed on the foyer notice board, in the kitchen, in the Tiny Tots Unit and in the Little Learners Unit.
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view
- The menu is available to download from our web-site.
- Recipes are available to parents on request.
- There is a vegetarian option available daily.
- There is a daily dessert, however if a parent/child would like an alternative they can choose from the daily fruit bowl.

Meal Times

- Staff will sit with the children and eat with them; this models and encourages good eating habits and table manners and makes meal times an enjoyable and sociable event.
- Meal times are staggered, ranging from 11.30am – 12.45 pm. This enables all children to have plenty of time to eat, meeting their individual needs.
- Children will sit when eating.
- Children will be allowed to have dessert if they do not eat their entire main course.
- Withholding food will not be used as a form of punishment.
- Meal times take place in the nursery dining room, which is a bright and welcoming environment.
- We only use child appropriate equipment during meal times, ie highchairs, tables chairs, bowls plates and cutlery.
- We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods

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Hygiene

- We adhere to the 'Safer food better business for caterers', which is recommended and inspected by The Vale of Glamorgan Council.
- Fun Foundations Day Nursery was awarded a 5 by the Food Standards Agency
- Staff will receive training in relation to healthy eating and food safety within their first year of employment and this will be refreshed every three years.

The Role of the Practitioner

- Staff show sensitivity in providing for children's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
- Staff set a good example and eat with the children and show good table manners. Meal and snack times are organised so that they are social occasions in which children and staff participate in small groups.
- During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves. Staff support children to make healthy choices and understand the need for healthy eating
- No child is ever left alone when eating/drinking to minimise the risk of choking

'Fussy Eaters'

- Any child who shows signs of distress at being faced with a meal he/she does not like will have his/her food removed without any fuss. If a child does not finish his/her first course, he/she will still be given a helping of dessert
- Children not on special diets are encouraged to eat a small piece of everything
- Children who refuse to eat at the mealtime are offered food later in the day
- Children are given time to eat at their own pace and not rushed

Allergies and Special Dietary Requirements

- Parents of children on special diets will be asked to provide as much information as possible about suitable foods.
- Information concerning any children that have allergies is gathered prior to attendance at nursery, kept on the individual's files and displayed clearly in the kitchen where food is prepared.
- A specific allergy plan and allergy risk assessment will be in place to deal with any child having an allergic reaction.

The Caroline Walker Trust

Our meals and menus are carefully considered with support from 'Eating well for under 5s in child

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DAY NURSERY

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care', which sets out new evidence for the importance of eating well for under 5s and provides a more detailed and updated rationale for nutrient based standards for the child care sector. This report was created by The Caroline Walker Trust and provides us with definitive advice on what eating well means for this age group and provides both nutritional and practical advice.

Signatures	Date for review
A. Ferguson.	June 2026