

Apple Tree Day Nursery Meal Time and Snack Policy.

Breakfast Time.

We will operate a Breakfast Time between 7.30am - 8:30 am, where parents/ carers can provide cereal, toast, fruit or yoghurt for their child to eat. We will provide milk for their cereal, which will not affect how much milk they have throughout the day.

Lunch, Tea and Snack Times.

Apple Tree Day Nursery requests that you provide an interesting and nutritious packed lunch for your child if they intend staying for Lunch Time. You are welcome to provide chilled food for re-heating but we are unable to accept frozen items for Health and Safety reasons. All packed lunches will be stored in the fridge.

In the event of a child not being provided with a packed lunch, the nursery staff will ensure that they are given a healthy meal.

At Tea Time we will provide a 'High Tea' such as sandwiches, rolls, toast, crumpets etc... A record of what your child has eaten throughout the day will be noted on their Homelink Sheet.

Healthy snacks and milk will be provided throughout the day and fresh water is available at all times for the children to drink when required.

Health and Safety.

Only nursery staff with current Food Hygiene certificates will prepare Breakfast, Lunch, 'High Tea' and Snacks.

All Health and Safety guidelines will be followed when storing, heating and re-heating food.

Allergies/ Dietary Requirements.

Please inform the nursery of any allergies, dietary requirements, likes and dislikes that your child may have. This will be recorded on their nursery admission form and in the nursery kitchen, so that nursery staff can accommodate for their individual needs. All children will have a placemat in front of them during meal and snack times, with their name on it and a description of any allergies or dietary requirements. This should allow staff to quickly identify if children have been given or shared inappropriate food.

Eating and Drinking Utensils.

All eating and drinking utensils will be provided by the nursery, appropriate to your child's needs. All equipment and utensils that are used for children under the age of one, will be sterilized before and after use.

Bottle Feeds.

If your child is bottle fed we ask that you provide ready made feeds for use. These will be stored in the fridge and heated in hot water or given at room temperature as required.

All staff will follow the Meal Time and Snack Guidelines, so as to make them an enjoyable and sociable experience.

Reviewed and agreed on

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Next review date

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