

| This policy was adopted on | Signed on behalf of BASK | Date for next review |
|----------------------------|--------------------------|----------------------|
| 16 August 2021 | Andy McEwing | August 2024 |

BASK Nutrition - Breakfast and Snack Policy

At **BASK** we believe that mealtimes and snack times should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering children healthy, nutritious food and snacks which meet individual needs and requirements.

We will ensure that:

- A balanced and healthy breakfast, and a daily snack are provided for children attending BASK
- We provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Fresh fruit is available at all times - children are encouraged to have 2 portions. Fruit juice is available as part of the breakfast meal.
- Children are involved in snack menu planning
- Fresh drinking water is always available and accessible. In hot weather staff will encourage children to drink more water to keep them hydrated
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child starts or joins BASK. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child
- 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. (see Allergies and Allergic Reactions Policy)
- Breakfast and snack times are organised so that they are social occasions in which children participate. During breakfast and snack times, children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
- Staff use breakfast and snack times to help children to develop independence through making choices, serving food and drink. Staff support children to make healthy choices and understand the need for healthy eating
- We provide foods from varied cultural backgrounds, providing children with familiar foods and introducing them to new ones. Cultural differences in eating habits are respected
- Any child who shows signs of distress at being faced with food he/she does not like will have his/her food removed without any fuss.
- Children are given time to eat at their own pace and not feel rushed
- Quantities offered take account of the ages of the children being catered for.
- We promote positive attitudes to healthy eating through play opportunities and discussions

- No child is ever left alone when eating/drinking to minimise the risk of choking
- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits.
- We do not allow parents to bring in cakes on special occasions except when they are providing a specific dietary required snack for their child.
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at BASK, we will inform the Care Inspectorate as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.