

## Nutrition Policy

Enchanted Day Nursery caters for special dietary requirements, preferences and food allergies. Parents will be required to provide us with their child's requirements on registering at the nursery and keep us updated on any new changes. All menus will be available for parents and displayed on the parent notice board. We have an onsite kitchen and qualified chef that prepares fresh and locally sourced meals for the children each day. Any staff involved in preparing and handling of food will receive training in food hygiene. Every child will have access to fresh drinking water throughout the day and there is a filtered water dispenser by the children's dining room, to give children opportunities to serve their own drinks.

### Breakfast Club

Enchanted Day Nursery offers a range of cereals, fruits and toast. Milk or water is provided to drink. Any allergies are catered for and parents whose children are on formula/breast milk are asked to bring this in, if it is needed to mix with the cereal.

### Lunch/Tea

A variety of hot lunches are prepared each day. Healthy, balanced and nutritious menus are provided on a four week cycle and are revised regularly by the nursery chef according to children's preferences. Children's individual dietary needs and preferences will be respected and suitable alternatives will be provided, these are shared with parents.

### Snacks

A variety of snacks will be offered during each session. This includes a morning snack and afternoon snack. Milk or water is provided to drink. Children's individual dietary needs and preferences will be respected and suitable alternatives will be provided.

### Bedtime Club

Warm milk or water can be provided by the nursery. Parents whose children are drinking formula/breast milk are asked to provide this.