

Meal Times

Keep Guard Day Nursery promotes good nutrition, oral hygiene, and physical health in young children.



**CHILDREN'S
FOOD TRUST**
Eat Better Do Better

Keep Guard Day Nursery main meals are provided from The Nursery Catering Company which operates on a three weekly rotational cycle, which are seasonal and have been developed with the assistance of children's nutritionists to specifically meet the requirements and tastes of young children and are based on the guidelines from The Children's Food Trust. This ensures the nutritional values and portion sizes are ideally suited to children under five. As well as these menus they provide and cater for all the fourteen recognized allergens. The meals are cooked in the companies' kitchens using the fresh ingredients that can be traced back to the farms that they were produced on. They are then blast frozen

straight out of the oven to -18 degrees within four hours ensuring that the food is preserved at the highest possible quality. The meals are then delivered to us on a weekly basis so all we have to do is store them in the freezer and re-heat in the oven as required. All temperatures and cooking times are advised.

The cost of a meal is £2.30 per day and our seasonal menu is displayed on our website.

Bedford Borough Council in conjunction with the Food Standards Agency awards a food hygiene rating. Since its introduction we have continually achieved a grade 5, which reflects the standards of hygiene found at inspection. The rating of grade 5 means very good and is the highest rating you can achieve.



Children will also be offered a mid-morning and mid-afternoon snack consisting of a portion of fruit with water or milk. Children that stay for extended sessions will also be offered an evening snack of freshly made sandwiches, with water or milk. Dietary requirements and allergens will be catered for. For children who are unable to drink Cow's Milk, Oat Milk will be offered as an alternative.

At Keep Guard Day Nursery, we believe all mealtimes should be happy, social occasions for children and adults. During these times, children are encouraged to use their manners, whilst promoting a child's self-help skills through making choices, serving drinks, feeding themselves using cutlery and helping to set the table. Children will be expected to try all foods before they are removed, and desserts are not withheld from the children. We promote opportunities to help children learn about making healthy food choices, how to keep their body safe from germs and promoting good oral health, with Birth to Three Plus and Pre-School children have several books and a large set of teeth to promote this through discussion and modelling.

No child is ever left alone whilst eating or drinking to minimise the risk of choking.

For children with recognised allergens or intolerances, we will complete a BSACI Allergy Action Plan to outline the allergen and action taken. We may require you to seek a supporting letter from your child's doctor or clinician from the hospital.

Keep Guard Day Nursery do not offer a birthday cake to celebrate a child's birthday, however, celebrate by using a birthday ring with candles on it and singing. We do not allow food-based products to be brought in from home to celebrate children's birthdays. If you wanted to share a treat with your child's peer group, we kindly ask these are non-food items, such as balloons or bubbles.

For more guidance, please refer to our Policy for Nutrition and Meal Times.