



# Nutrition & Meal Time Policy

Bijou Day Nursery & Crèche, Cowbridge

**Policy owner:** Nursery Manager / Rheolwr y Feithrinfa

**Version:** 2.0

**Last reviewed:** June 2026 / Mehefin 2026

**Next review:** June 2027 / Mehefin 2027

**Approved by:** Samantha Rennison, Responsible Individual / Unigolyn Cyfrifol

## 1. Policy Statement

Bijou Day Nursery & Crèche is committed to providing nutritious, balanced, and varied meals and snacks that support children's health, growth, and development. We hold a 5-star Food Hygiene Rating and take pride in the quality of food we serve. Mealtimes are social, educational, and enjoyable experiences.

This policy complies with the Food Safety Act 1990, the Food Hygiene (Wales) Regulations 2006, the Food Information Regulations 2014, the Healthy Eating in Maintained Schools (Wales) Measure 2009 (used as best practice guidance), the Child Minding and Day Care (Wales) Regulations 2010 (as amended), the National Minimum Standards for Regulated Childcare (2016), and Food Standards Agency guidance. We also follow Nutrition Advisory Service guidelines for early years settings.

## 2. Menu Planning

- Menus are planned on a 4-week rotating cycle to ensure variety
- Menus are nutritionally balanced, incorporating all food groups: fruits, vegetables, carbohydrates, proteins, and dairy
- Meals are freshly prepared on-site daily
- Menus are displayed for parents and available on our website
- Seasonal and locally sourced ingredients are used where possible
- Cultural and religious dietary requirements are respected and accommodated
- Allergies and intolerances are identified and managed (see Allergy & Intolerance Policy)

## 3. Mealtime Environment

- Mealtimes are unhurried, calm, and social — children sit together with staff
- Staff sit with children, modelling table manners, conversation, and healthy eating
- Children are encouraged to serve themselves where appropriate, promoting independence
- Age-appropriate cutlery, cups, and plates are provided
- Fresh drinking water is available at all times throughout the day
- Children are never forced to eat — their appetite and preferences are respected

## 4. Babies & Weaning

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- Weaning is managed in partnership with parents, following their wishes and health visitor guidance
- Breast milk or formula is stored and prepared in accordance with NHS guidelines
- Bottles are prepared individually; unused milk is discarded within the recommended timeframe
- Pureed, mashed, and finger foods are introduced according to each baby's developmental stage

## 5. Snacks

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- Healthy snacks are provided mid-morning and mid-afternoon (e.g., fresh fruit, vegetables, rice cakes, breadsticks)
- Snacks are planned to complement main meals
- Sugary snacks, sweets, and fizzy drinks are not provided

## 6. Food Hygiene

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- All food preparation staff hold a current Level 2 Food Hygiene certificate
- The kitchen follows documented HACCP procedures
- Temperatures of fridges, freezers, and cooked foods are recorded daily
- Surfaces, utensils, and equipment are cleaned and sanitised before and after use
- Raw and cooked foods are stored separately

## 7. Celebrating Food

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- Cooking activities are part of the curriculum — children help prepare simple foods as a learning experience
- Cultural food days are held to celebrate diversity
- Birthdays are celebrated but parents are asked to bring fruit-based or low-sugar alternatives rather than cake

## 8. Related Policies

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- Allergy & Intolerance Policy
- Health & Safety Policy
- Infection Control Policy
- Bottles, Cups & Dummies Policy