



Meal Time Policy

This Policy document relates to the operation of:
GBNFC Group

Grendon & Billesley Nursery at Grendon Rd, B14 4RB
GBNFC Children's Centre - based at THE Chinnbrook Centre
GBNFC Group at the Chinnbrook Centre B13 OET
Hollywood Pre-school Daycare - based at Hollywood J & I School B14 4TG

Date Agreed by the Management Board: July 2019

Review: July 2020

Signature: 

Meal Time Policy

Meals and snacks are a very important part of the day here at the GBNFC Group. Children can benefit greatly from the experience of sharing meal times with their peers and the staff. We have developed a routine for the children so that they can be involved in the preparation of snacks. The older children have a Snack Shack where they can help themselves to fresh fruit, milk or water throughout the session. This helps them to develop a sense of responsibility and independence as well as learning about numbers, etc. The GBNFC Group are part of the Startwell Programme and all the settings are Accredited.

All children are taken to the bathrooms prior to meals and snacks, and supported if required to wash their hands. We talk to the children about why we wash our hands before meals so that they understand the importance of this routine.

Wherever possible children are given choices at meal and snack times. Staff support the children with this and with eating their meals. They are able to sit with the children and help them to cut up food and provide assistance for those less able to feed themselves. We provide a range of cutlery and beakers with or without lids to enable children to be as independent as possible.

Conversation is encouraged around the table during meal times and children are also supported to develop good table manners – saying “please” and “thank you”, eating with their mouths closed, etc.

When the children have finished they are supported to return their plates to the trolley. Once again this encourages responsibility and independence.

We believe that meal times should be enjoyable and provide opportunities for social interaction, learning and development of independence.

If you have any concerns about our meal time routine or how your child will cope with it please do not hesitate to contact us.

