



## Healthy Eating at Daisy Nursery

Healthy eating is very important to us at Daisy Nursery that's why we invest heavily in our shopping budgets and professional Nursery Cooks. We design our seasonal menus to offer a wide variety of tastes and textures whilst keeping traditional meals and substantial puddings at our core. All our menus are available to view on our kitchen noticeboards as well as popular recipes we like to share.

All our suites have a dining space and children and adults eat together in a sociable family way using age and stage appropriate cutlery and crockery. We promote active learning whilst eating – this can mean children serving themselves a quarter of a dish of lasagne (maths) or babies learning how to grip a spoon and co-ordinate it arriving in their mouth successfully. Older children enjoy helping to lay the table and clear up at the end of the meal, younger children begin to understand good hygiene practices and use pre-verbal communication such as sign language to ask for seconds.



The majority of our food arrives fresh from Sainsbury's up to twice a week, and is stored on site conforming to all Environmental Health best practices. Our kitchens are 5 star rated and we order, where possible, all organic food to ensure high quality ingredients for each meal. We cater for children with allergies, intolerances and cultural or religious beliefs – your Key Person will discuss these with you to ensure our complete understanding and your Nursery Cook will devise as inclusive menus as possible for your individual child.

We've designed our meal timings to consider blood sugar levels and the nursery length of day allowing for regular opportunities for children to replenish their energy levels whilst also fitting in with family eating patterns. With younger children new to nursery we work with you and their current routine to slowly ease them into these meal timings – one of the advantages of having our own cooks in our own kitchens is this flexibility and individual approach.





In our gardens we enjoy growing our own fruit and vegetables and the children get involved with nurturing seeds into meals they help prepare and serve. This organic process fuels the understanding of where food comes from and each stage offers opportunities for learning and new experiences. Last year's crop of potatoes was so plentiful we managed to send lots home with parents for their family meals too!

Weaning is a very important transition stage and one we work in complete partnership with you. There are many methods of weaning and we are always happy to discuss these with you, likewise we are happy to follow you with your chosen method or combination of methods to ensure your child has complete consistency in approach and we are meeting your wishes. We will buy in whatever baby food you are using at home and are happy with, or if you prefer we do our own version of the main nursery menu in various stages of texture (pureed/lumps).



We are happy to store formula cartons/tins or breast milk as long as it is clearly labelled with your child's name. You will need to bring in fresh bottles each session and indicate to your Key Person how you prefer your child's milk to be made, we will rinse out and send home your bottles for you to sterilise. We provide cow's milk for all children to drink throughout the day so as and when you and your child are ready to move on to this stage we will chat with you about how you would like it to be introduced.

Milk and water are available throughout the day and older children are encouraged to pour themselves top ups using jugs whenever they would like. We offer a range of different cups depending on each child's age and stage ranging from lidded Tommee Tippee double handled cups, to no lidded double handled cups, and finally to beakers or mugs. Children's cups are labelled and older children are encouraged to look for their name.

In all suites we have suitable and practical chairs supporting children of different ages whilst they eat at their tables. Our sturdy low height wooden highchairs are easily cleaned and sterilised on a regular basis and each stage onwards promotes more and more independence and comfort.

