Kids Allowed®

# Nutrition Policy

***Aim of the Policy*** *- Kids Allowed Food Management Policy is in place to help identify and cater for individual food requirements and to promote healthy eating in a relaxed atmosphere.*

Kids Allowed provides an environment that gives children of all ages a happy, relaxed and social occasion during mealtimes. Mealtimes are times when children's natural curiosity for exploring new concepts will be extended to introduce new tastes and textures.

Kids Allowed are committed to:

- Offer menus which reflect a diversity of cultures.
- Wherever possible, respect and accommodate individual dietary requirements which are required for medical or cultural reasons.
- Clear identification systems for the provision and serving of specific dietary requirements.
- Operate menu changes with the seasons. The use of seasonal products such as fruit and vegetables may require menus to be amended from time to time.
- Provide food for babies through the weaning stage. Centre colleagues will discuss with parents the individual needs of their child.
- Provide formula milk for children in the baby room. Storage for expressed breast milk is available.
- Encourage children to try the food offered. However if they are unable to eat the food provided and remain hungry an alternative will be provided.
- Mealtimes which involve both colleagues and children. These occasions provide opportunity for conversation and learning, including the encouragement of "please and thank you". Mealtimes are taken at a leisurely pace and children who are slow eaters will not be rushed.
- To make available drinking water at all times.

As there may be children attending the Centre who have food allergies, we request that parents do not bring food from home to the Centre. Nut based products will not be purchased however the incidence of nut traces in food products used, cannot be completely eliminated