

# Food Statement

*Date of last review:* October 2016

*Conducted by:* M. Jarrett (HoC), M. Haddon (SAO)

*Date of next review:* October 2017



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## **Introduction**

At Ambler Children's Centre we strive to make meal times enjoyable. We also enhance children's independence and self-care skills during snack and lunchtime routines by providing opportunities for them to help themselves to food and drink.

All food is prepared on-site by Caterlink, who provide school meals, and staff are made aware of any specific dietary requirements through the admission and home visit process.

## **Procedures**

- We constantly communicate with kitchen staff about what the children are enjoying.
- We ensure that the meals are on time and served by the staff.
- We ensure that we have a suitable ratio of adults to children at meal times.
- The children have lunch with the staff that they spend most of their time with. We do not employ additional staff to cover lunch times.
- The children are encouraged to try different foods, experiencing flavours and textures.
- They are encouraged to say what they like about it.
- The children are encouraged to develop their self-help skills at lunch times. E.g. laying the table for the older children, feeding themselves for the younger children, asking for more, taking their plates away when they have finished.
- Staff discuss the food with the children, supporting their language development at meal times.
- We work towards sharing some 'family time' at meal times that children look forward to, with small tables and intimate conversation.
- Our aim is that the experiences our children have at meal times are positive and encouraging, making food an enjoyable part of their routine

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*Related policies:* Health and Hygiene, Hot Drinks