



Lunchtime Practices

It is the policy of *Oaklea Montessori* to encourage the highest standards of health, hygiene and safety. We also see lunch times as a social, pleasant time when we sit together in small groups at a table where we can talk together and listen to one another. Children develop healthy eating and social routines.

- All children are expected to prepare for lunch by washing their own hands, with guidance as required. Younger children may use cleansing wipes with help as required.
- Each child is encouraged to serve his/her own lunch using a serving spoon at the table. Younger children are also encouraged to make their choices, and staff prepare their dishes and puree / cut up food as appropriate.
- Children are always encouraged to eat their savoury foods first *before* their sweet. They are invited to select and pour their drink of milk or water.
- Staff model sitting at table for lunch and we encourage the children to remain seated at the table until they have all finished. Staff interact with the children. They encourage good manners and converse sociably.
- One member of staff facilitates this by 'serving' those seated at the table with the children.
- After each child has finished, staff encourage them to ask before leaving the table. Where age appropriate, children are encouraged to scrape any scraps and separate other items for the compost or bin.
- After this, younger children generally have a 'rest' period. Older children generally have a period of outdoor play.

Lunches are prepared from fresh ingredients on a daily basis by an external provider of hot meals. Food hygiene certificates are checked by the nursery.

N.B. It is the responsibility of parents and carers to inform the nursery of any food preferences (allergies, intolerances, dietary, religious or cultural requirements). We also ask that parents only provide food for sharing if it is for a special occasion, such as a birthday.