



HEALTHY EATING POLICY

Aim:

- to foster and encourage an interest in healthy eating amongst the children by offering a variety of foods from various cultures, whilst meeting the nutritional needs of a growing child.
- To encourage good social eating practices in hygienic surroundings.

Objectives:

- All children will be offered a healthy snack during a session. The snack will vary each day and will include fresh fruit, vegetables, toast or cereal. We may also offer food from other cultures as part of our activities. Children will be encouraged but not forced to eat.
- The children will be offered milk or water with their snack. Fresh drinking water will always be available to the children at all times whilst they are at the setting.
- Staff preparing food will hold up-to-date food hygiene certificates. Staff will be encouraged to increase their knowledge of food related issues.
- Food supplied will be stored appropriately (i.e.refridgerated) and labelled accordingly.
- Staff will be fully aware of the specific dietary requirements of children and other staff. This information will be taken from that contained within the enrolment form. Should there be any changes to the information parents/carers give when originally completing this form then it is their responsibility to inform the staff of such changes as soon as possible.
- In order that we can fulfil our commitment to healthy eating it will be necessary to limit the consumption of sweets or fizzy drinks on the premises. Chewing gum and bubble gum will be prohibited for health and safety reasons. We therefore ask that parents/carers do not provide their children with such items unless there is a specific dietary requirement to do so. In this case, parents/carers should consult with the nursery staff.
- A member of staff will sit with the children while they eat providing a good role model for the children to follow. The member of staff will eat the same as the children encouraging them to try anything they are unsure of.
- Children will be encouraged to develop good eating habits and given plenty of time to eat and drink.
- Food will NOT be given as a reward. (non-food items will be used i.e. stickers)
- Healthy food options will be used in all activities whenever possible : in play, in education, language, cooking and other events.
- When sending a packed lunch with your child to the lunch club you should fully consider how it will be stored. We do not have a refrigeration system available to hold individual packed

lunches or teas. Parents/carers should therefore not provide packed food that requires storage below room temperature unless they supply an ice pack to accompany the packed lunch. Item requiring an ice pack include:- dairy products, cooked meat/poultry and shellfish.

- Birthday cakes will be discouraged and an alternative way of celebrating and acknowledging the event will be encouraged (the birthday will be celebrated by sing HAPPY BIRTHDAY to the child and having a "Birthday" tin for the child to choose from) This will be explained to the parents by way of the Parent Handbook and a letter to the parents at the beginning of the academic year.