

# **Healthy Eating Policy**

## **Meal times: -**

- A two course home cooked lunch is provided which is nutritious and a well-balanced meal and a light snack for tea.
- Only fresh vegetables to be used at all times
- No salt should be added during or after cooking
- Low Fat/Healthy Eating options should be used i.e. low fat meat / sausages, Sunflower Spread etc.
- Low sugar options must be used whenever possible i.e. Sugar free Custard, jelly etc.
- Water or milk should be freely available at all times.
- Meals should be prepared appropriately to take into account the differing ages of children
- Menus should be multi-cultural i.e. Curry, Chili, Pasta as well as traditional dishes should be included
- Menus are rotated on a weekly basis for 4 weeks.

## **Healthy Snack bar**

- Seasonal fresh fruit, raw vegetables, a dairy and a savory option to be available morning and afternoon
- Pre-school children to help prepare their snack

## **Parental involvement**

- Parents/carer's wishes/advice should be taken documented and followed i.e. weaning, children's routines etc. (unless this breaks government guidelines i.e. weaning before 6 months)
- Specific dietary requirements and/or allergies must be met i.e. Vegetarian, Milk/Gluten free
- Religious dietary requirements must be met wherever possible i.e. Pork free

## **Breastfeeding**

- The nursery welcomes breastfeeding parents
- The nursery understands that breastfeeding is best for the child and every support will be given to help both the parents and child

## **Dental Health**

- Dental hygiene is a priority for the setting
- Sugar free/reduced products will be used wherever possible
- A dental hygienist will visit the nursery each school year to talk to the children about dental hygiene
- Any concern's regarding a child's dental hygiene will be discussed delicately with the parents and advice given
- The setting will promote foods/drinks which help teeth grow strong and avoid where possible food/drinks that can decay teeth.
- All preschool children (who attend a full day or morning session) will be eligible to join our Bus Brush Campaign. All children will be given a toothbrush each term and will brush their teeth after their lunch.
- Children drinking from bottles that are capable of drinking from a cup will be encouraged to do so.
- Juice is not to be sent to the nursery

## **Learning and development**

- The staff will communicate with parents and children about the nursery healthy eating policy
- Children will be taught about healthy eating and making the right choices
- Children will be offered healthy samples of food to try to broaden their tastes
- Children will be given at least two garden times where they will be able to take in fresh air and exercise
- Staff will encourage children to observe the effects of exercise on their bodies
- Staff will communicate with parents about their child's health if there is a concern.
- Real life food will be used in the role play areas to support healthy choices

## **Additional information**

- Children must wash their hands before eating lunch or snack
- Appropriate eating utensils/plates/cups to be used at all times
- If a parent wishes to provide their child with additional food/drink parents are asked not to send fizzy drinks, crisp or chocolate and adhere to the above policy.
- Meal times will be sociable and no child will be forced to eat more
- Babies and young children will be encouraged to become dependent when feeding themselves
- Children will be given a choice
- Preschool children will be allowed to self-serve their own meals

## **Food Safety**

- All staff members who work with food must hold their level 2 food safety certificate

## **Allergies/intolerances**

- All children with a food allergy or intolerance must have a IHP completed on them with the parent and a member of the nursery team either on their visit or as soon as an allergy is found
- The manager will sign it once all relevant information is completed
- IHP's are to be reviewed six weeks after the child starts to make sure there are no issues and then yearly after that or sooner if needed.
- An allergy list must be present in each room and updated as and when needed.
- The nursery cook must also have an allergy sheet so she is aware of each child.
- Any specific dietary requirements must be discussed with the parent and passed on to the cook.
- The nursery where possible will try to meet the needs of each child. Where the nursery cannot do this the parent must provide appropriate food.
- All meals must be made separate to the others and served up on a separate plate/bowl etc and be clearly visible for the staff team to see.
- Separate utensils etc. must be used to stop cross contamination
- The child may have to be sat on a separate table but close to their peers to protect them i.e. if the child touches food and they have an instant reaction etc
- Where possible all children should be given an opportunity to participate in all activities and amendments to be made if they can. If it is not possible to do so as it may put the child at risk, then an alternative activity may be carried out for that child or it will take place on a day that the child does not attend.
- Parents ideas will be sort to find out how we can make it inclusive for their child.

- In the case of a child who **will** go into anaphylactic shock, that product will not be available in the room that day for activities.

### **Religious/Vegetarian Dietary requirements**

- All children who have a religious dietary requirement will have an alternative option
- The nursery cannot provide Halal food
- The nursery can provide vegetarian options such as Quorn sausages, chicken and mince
- All children who require vegetarian products must be placed on the dietary requirements list which is located in each room and the kitchen
- All vegetarian foods will be cooked separately and served up in separate bowls with their own utensils
- Preschool children will be able to self-serve their food
- Staff members must support these children in accessing the correct food and ensure that they are supervised appropriately so their food is not mixed up with others.
- Staff must talk to the children about the differences and why some people don't eat certain foods
- Staff must be aware of products and what certain religions can and can't have i.e. gelatin in sweets etc.

Reviewed March 2018

Next review date March 2019

Signature.....

INFORMATION FOR THIS POLICY WAS SOURCED FROM: ECM—Be Healthy,  
Managing Nursery Food, Mary Whiting, Dental Hygienist