

HEALTHY EATING POLICY AND PRACTICE

As a Nursery Establishment we are very much aware of the importance of providing a positive influence on children's knowledge, attitudes and behaviour towards food and a healthy lifestyle.

The sharing of refreshments can play an important part in the social life of the nursery as well as reinforcing children's understanding of the importance of healthy eating.

AIM – to provide healthy, meals and drinks and to foster a positive approach to healthy eating.

Meals

A 4 weekly menu will be planned and displayed in advance, and food offered is fresh, wholesome and balanced. Recipes will be available to parents.

All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings, salt and sugars are kept to a minimum. Salt is never added to food preparation or at the table

Snacks

All snacks provided between meals are healthy and tooth friendly.

City Kids Before After School Club

All snacks offered to the children are the same as the nursery children's provision.

FOOD AND DRINK PROVISION

Children who do not have a breakfast at home will be offered this when they arrive. This consists of toast, cereal, raisins, water, fruit juice or milk.

Milk or water will be served with morning and afternoon snacks. Water is always available – accessible to all children.

All dairy products will be full fat. However semi-skimmed milk will be provided on request by the parents for over 2 years old.

Soya drinks will only be given as a substitute for cow's milk with the parent's agreement and only following medical advice.

Diluted fruit juice will be served with the main meal.

MEDICAL/DIETARY REQUIREMENTS

A diet encompassing food from a range of cultures ensures that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.

Children's individual medical and dietary requirements are respected. Parents should discuss any special requirements with the Manager.

The requirements are noted on the child's registration form and on a notice in the care room and in the kitchen. All staff to be aware of individual needs, this information is updated as parents attend hospital appointments with their child or if any sudden change occurs with the child's health.

The nursery will provide suitable foods to meet needs of any child with special diets. Parents/guardians of children who are on special diets will be asked to provide as much information as possible about suitable foods.

PROCEDURES

Children are encouraged to develop good eating skills and will be given sufficient time to eat and drink.

Staff will provide a good role model for healthy eating. Parents/guardians will be advised if their child is not eating well, feedback will be written in food sheets in your child's care book, especially if the child does not eat or does not eat much, (fussy eater).

At lunchtime and some snack and teatimes in the Pre-school, children self-serve, making their own wraps etc. promoting independent learning skills.

Suitable plates, cups, and feeding utensils are provided to meet the child's individual needs. Children are offered food at regular intervals.

Advice will be given to parents about suitable foods to bring from home and weaning for babies, mealtimes etc.

Children will be encouraged to play outside every day, weather permitting, as sunshine helps their bodies to make vitamin D.

Children in nursery will learn how to grow food (at the nature park), indoors and outdoors around the nursery and will be able to use the produce grown in cooking activities and be able to eat them.

We do not encourage children, parents, or carers to bring cakes or sweets into the nursery.

MEALTIMES - Nursery Children (see menus on parent's board in entrance – changed on a 4-weekly rota).

Breakfast – 7.30 – 8.50am

Morning Snack – 9.30 – 10.30am

Lunchtime – 11.30am

Afternoon Snack – 1.30 – 2.30pm

Tea – 3.45pm

- A card will be given to each child on their birthday
- We ask parents not to bring in sweets and cakes if possible.
- Good tooth care is encouraged. If you wish to bring a birthday treat for the children alternatives to sweets should be used i.e. fruit, bunch of grapes, bananas, apples etc. or non-edible treats such as colouring sheets or stickers.
- **REWARDS** for good behaviour, children will be praised, or a sticker will be given, (sweets and lollies are not allowed).