

Healthy Eating Policy

Issue Number	Reason for Issue	Issued by	Date
1	New document	CJ Silverlock	28-09-09

Rationale

At Sunshine Nursery we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. In order to meet our full potential we need to be healthy and fit physically, mentally and socially. This policy states the ways in which our nursery supports children to develop the skills and attitudes that will help them make informed healthy choices both in and out of nursery.

We recognise that it is important for the whole nursery to use consistent messages around healthy eating. Therefore our message is:

Healthy eating does not mean NO treats but it does mean having them at appropriate times and not too often.

Aim

- To work in partnership with families and other professionals to support children in developing healthy eating practices which will become embedded for life.

Objectives

- To provide children with positive healthy eating experiences in order to promote their well being
- To respect the different dietary, cultural, religious and health needs of all our children
- To encourage children to develop positive attitudes towards food through all learning opportunities provided in the nursery
- To promote an understanding of a balanced diet in which some foods play a greater role in than others

- To develop children's understanding of the importance of the social context in which eating takes place
- To raise awareness with children, parents and carers in developing a positive approach to food, nutrition and oral education

The Designated members of staff responsible for this policy are the management team; they are responsible for:

- All new staff members have the opportunity to discuss the healthy eating policy and food hygiene policy in their induction training
- All staff are made fully aware of individual children's dietary needs and requirements
- Updating staff on current initiatives in healthy eating practices ensuring that all staff are familiar with their responsibilities
- The health eating policy and the food hygiene policy are made available to all parents and carers
- Providing support and advice to staff and parents

Provision of Food and Drink Across the Nursery Day

Breakfast

Breakfast is an important start to the day and the nursery provides a choice of cereals and wholemeal toast.

Snack Times

Snack time is an important social time where children learn from each other. We provide a selection of fruits, vegetables, rice cakes or breadsticks. We offer a choice of milk or water.

Lunch Time

Nursery Lunch can be provided at an extra cost, the company used follows government guidelines regarding children's diets.

As the nursery does not provide lunch for the children parents have to provide their own. At the nursery we promote the recommended guidelines that meet government guidelines for healthy lunch boxes. These include:

- One portion of fruit and one portion of vegetables
- One portion of milk or other dairy item
- One portion of meat, fish or other protein source
- One portion of starch food

Tea Time

Parents are asked to provide a small cold tea for their children which contain the above recommendations.

All of children's lunch and tea items should be supplied in separate containers which are clearly labelled.

Birthdays and Leaving Parties

Birthdays are a very important event for many children. Parents are welcome to bring a small cake and some party food and we will celebrate their birthdays together.

Foods We Do Not Allow

In line with guidelines we ask that parents do not bring nuts into the nursery as this can cause serious reactions in some children.

Availability of Water

We have fresh drinking water available and suitable cups or bottles readily available for children and staff at all times.

Special Dietary Requirements

It is the parents responsibility to inform the nursery of their child's dietary requirements on admission. Additional Awareness forms are used to inform all key staff about each child's needs and each child has a placemat with their specific dietary information on it.