

## **HEALTHY EATING POLICY**

### **POLICY STATEMENT OF INTENT**

The Wishing Well Family Centre is committed to promoting children's health and to encourage healthy eating habits. It is important that children are provided with the nutrients they need to help their bodies grow and develop and to aid them in reaching their full potential physically and mentally.

It is important that children have a balanced diet. This is essential for maintaining children's health and well-being.

We at Wishing Well Family Centre regard snack and meal times as an important part of the nursery's session. Eating represents a social time for children and adults and helps children to learn about healthy eating.

### **AIMS OF THE POLICY**

We aim to promote healthy eating through snacks we provide and by encouraging parents to provide lunches which are nutritionally balanced.

We encourage this by -

- Fresh fruit is always made available
- We have fresh drinking water constantly available for the children. Children can ask for water at any time during the session. Juice and squash will also be offered at snack times on occasion or at parties.
- Snacks provided by parents will be given throughout the day to help maintain children's energy.
- Where possible we would encourage that snacks are sugar-free to avoid causing damage to teeth. Fresh fruit is an ideal snack choice.
- Cultural dietary habits are respected. Parents or carers are requested to provide staff with details of foods eaten (and not eaten) by the child.
- Children's dietary habits are recorded on their registration record form. Also through discussion with parents and research by staff, we obtain information about the dietary rules of religious groups, vegetarian's, and vegans or about food allergies/intolerances.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date. The special dietary needs of a child must be checked before any food preparation or cooking activities take place.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.

- We take care not to provide food containing nuts or nut product and are especially vigilant when we have a child who has a known allergy to nuts.
- Parents are asked to clearly label their child's packed lunch with their name to avoid the wrong lunch being eaten.
- Providing children with a variety of foods and allowing them to exercise choice.
- Meal and snack times are used to help children develop independence through making choices, serving food and drink and feeding themselves.
- Snack/meal times are used as an opportunity to encourage good table manners.
- Allowing plenty of time for children to eat and digest lunches properly and interact with others.
- We include throughout our planning, tasting sessions to broaden the children's experiences of different cultures and their foods.

Healthy eating is promoted through a range of activities for the children including play, stories, music, outings, cookery etc. The implementation of this Healthy Eating Policy will not only relate to the provision of healthy foods and drinks within the setting, in order to promote the nutritional and general well-being of the children, but it will also address food related activities involving the children which should encourage them to make healthy choices in the future.

**At snack times we offer:**

Toast

A variety of fruit;

Milk or water; (whole pasteurised milk)

**At lunch time we offer:**

Meals provided by Moon & Spoon

**Packed lunches**

Parents are informed of our policy on healthy eating;

We encourage parents to promote healthy eating wherever possible by providing sandwiches with a healthy filling, fruit and milk based deserts such as yoghurt. We provide children bringing packed with plates, cups and cutlery. At all times we ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.