

## **All Saints Nursery School**

### **HEALTHY EATING POLICY AND PRACTICE**

EYFS 2014 Food and drink 3.47, 3.48, 3.49 Information for parents 3.73

Physical Development Health and self care

The sharing of refreshments can play an important part in the social life of the Nursery School as well as reinforcing children's understanding of the importance of healthy eating. We aim to provide balanced and nutritious snacks within an environment that supports the individual needs of each child.

We actively promote healthy eating, planning topics with the children to cover aspects of a healthy lifestyle.

All staff involved in the preparation and handling of food and snacks have received food hygiene training and we record standards using the "Safer Food Better Business" guidelines ([www.food.gov.uk](http://www.food.gov.uk))

The snack table will be available throughout the session and children will have access to a range of healthy options such as fruit, rice cakes, bread sticks, cereal, brown toast and dried fruit. We vary the snack on offer and convey this information to parents/carers so that they may contribute by bringing a small item each week to share.

We comply with the Food Information Regulations (December 2014).

We keep a record of all the snacks/drinks that we provide and any allergens they may contain.

Parents are made aware of the foods we intend to provide and any potential allergens via our weekly menu.

All food provided by parents will have packaging checked for allergens. If any food (i.e. birthday cakes) is cooked by parents at their home we will ask for the recipe used before serving this to the children.

We offer variety at snack time in an informal and fun setting, supported by an adult to encourage children to gain confidence in exploring new tastes and textures. All snacks provided are nutritious, avoiding large quantities of fat, sugar, additives, preservatives and colourings.

Milk provided for the children is semi-skimmed and pasteurised. Fresh drinking water is available at all times. Only water and milk are offered as drinks.

We give advice regarding allergies and request that no eggs or nuts are included in a child's lunch box.

Staff are aware of the Policy and Procedure regarding allergen information

Staff will receive training on handling foods and made aware of the dangers of potential cross contamination from knives, chopping boards and other utensils.

Children's medical and personal dietary requirements are respected.

A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.

The dietary rules of religious groups and also vegetarians/vegans are known and met in appropriate ways. Children with food allergies are recorded. Children with specific allergies will have a personal care plan to identify symptoms and any action to be taken. This information is recorded on entry and reviewed regularly. It is recorded in the snack register and visually in the snack area.

We encourage parents to provide healthy food in their child's packed lunch, give guidance as to healthy options and signpost parents to further sources of information. We have regular stay and play sessions so that parents can share snack time and participate in cooking/ vegetable gardening activities.

We have a separate area for the children to enjoy lunch times. We aim to create a relaxed family atmosphere at lunch time. Children can choose where to sit and are supported by a familiar adult.

We aim to help children to become independent and self-confident and will provide opportunities to practice skills such as preparing the snacks, setting tables, pouring drinks, cutting fruit, opening items from lunch boxes and clearing away, including washing up. Children are encouraged to perform self help skills such as washing their hands and wiping their own faces/noses.

This policy was adopted at a meeting of the Nursery School held on 5.11.96  
Reviewed on 26.2.01 Further reviewed on 11.6.02 Reviewed on 15.3.04 Reviewed  
on 7.11.06 Reviewed on 16.9.10. Reviewed 23.1.15.

This policy was adopted at a meeting of	_____	name of setting
Held on	_____	(date)
Date to be reviewed	_____	(date)
Signed on behalf of the management committee	_____	
Name of signatory	_____	
Role of signatory (e.g. chair/owner)	_____	