

### **Promoting Healthy Eating**

Nursery provides an ideal opportunity to encourage young children to eat well and learn about food. This not only helps protect their health while young but also sets the foundations for their future health and well being.

#### **The food and drink we provide at nursery**

The nursery provides :

|  |                                   |  |
|--|-----------------------------------|--|
| Breakfast  | 8 - 8.30 a.m.                     | Toast with butter/jam/marmite<br>Rice crispies/weetabix<br>Semi skimmed milk/water |
| Snack  | Mid session morning and afternoon | Slices of raw fruit/vegetables<br>Rich Tea biscuit<br>Semi skimmed milk/water      |
| Tea  | 4 - 4.30 p.m.                     | Menu displayed on kitchen door   |
| Children have access to drinking water throughout the day. |                                   |  |

Parents provide a packed lunch for 12 - 12.30 p.m.

#### **Communicating with children and families**

Healthy eating advice is given to parents in their 'Welcome Pack' when starting nursery and displayed on the Parent Notice Board .We regularly promote Healthy Eating in our monthly news letters. We signpost parents to healthy eating advice websites.

#### **The eating environment and social aspect of meal time**

The areas where the children eat are clean, warm, bright. Meals and snack times are used as an opportunity to talk to the children about healthy eating, to develop good eating habits and social skills such as speaking and listening. Mid session rolling snacks for the pre school children are carefully organised and managed.

#### **Rewards, celebrations, special events and birthdays**

Food and drink is often used to mark these occasions. We regard this as a special treat and children only have small portions if the food provided from home is high in saturated fat, sugar or salt. Any food provided by nursery for such occasions will be carefully planned taking healthy eating into account.

#### **How we cater for cultural, religious and special dietary requirements, including allergies and intolerances**

Parents are asked in their registration paperwork and trial visit discussions about and special dietary requirement. This is noted and displayed in the office, kitchen and playrooms. Food customs of different religious and cultural groups is displayed in the kitchen. Should there

arise a more complex need e.g. life threatening allergies we would seek advice from other professionals.

### **How we manage fussy eating**

Young children can be fussy about what they eat or how they eat. From experience we have found that sitting fussy eaters with good eaters has a positive effect. Staff are positive and consistent in encouraging fussy eaters. Children are offered small tastes regularly and repeatedly and praised for trying foods.

### **Bringing food and drink from home**

Parents provide lunch boxes which must be named on the outside to ensure children are given the correct food. Information about Healthy Lunch Boxes are given to all parents in their 'Welcome Pack'. They are advised to include an ice pack to keep food cool. Any food uneaten by the children (with the exception of opened yoghurt etc) are returned to the lunch box so parents can monitor what their child has eaten. We do not re heat home plated food but will heat ready meals with instructions on the packet.

### **Learning about food**

Learning about food and staying healthy is integrated into the seven areas of learning and development. Children are introduced to the importance of physical exercise for good health and the pre schoolers can talk about ways to keep healthy and safe including dental health.

### **Cooking with children**

Children have the opportunity to prepare and cook food. This is an enjoyable activity and an effective way of encouraging all children to try and eat a wide range of food.

### **Food safety and hygiene**

We are registered with Worcestershire County Council as a Food Premises and have regular Food Hygiene Inspections. Inspection certificates are displayed in the kitchen. We have adapted kitchen closing down procedures from 'Safer Food, Better Business'. Children are taught basic hygiene. They are toileted/changed and wash their hands before lunch and use antibacterial hand gel at snack time.

### **Staff training**

All permanent staff undertake Food Hygiene updates every three years.

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