

## **HEALTHY EATING POLICY**

### **Statement of intent**

WE RECOGNISE THE IMPORTANT RELATIONSHIP BETWEEN A HEALTHY DIET AND THE CHILD'S ABILITY TO LEARN EFFECTIVELY AND ACHIEVE HIGH STANDARDS. WE RECOGNISE THE ROLE OUR PRE-SCHOOL CAN PLAY, AS PART OF THE LARGER COMMUNITY, TO PROMOTE FAMILY HEALTH. WE BELIEVE THAT THE SHARING OF FOOD CAN PLAY AN IMPORTANT PART IN THE SOCIAL LIFE OF THE PRESCHOOL AS WELL REINFORCING CHILDREN'S UNDERSTANDING OF THE IMPORTANCE OF HEALTHY EATING.

### **Aim**

We aim to provide nutritious food, which meets the children's individual dietary needs and the full requirements of The Early Years Foundation Stage.

### **Methods**

Before a child starts to attend our pre-school, we find out from parents/ carers if the child has any special dietary needs, including any allergies. Parents/ carers are requested to list and confirm these by signature on our Enrolment Form. We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.

Children's medical and personal dietary requirements are respected. The dietary rules of religious groups and also of vegetarians/ vegans are known and met in appropriate ways. We ensure children don't share and swap their food in order to protect children with allergies.

All snacks provided are nutritious, avoiding large quantities of fat, sugar, additives, preservatives and colourings. We provide 0.25l of pasteurised milk for each child per session. Fresh drinking water is available to the children at all times. Our children are informed about how to obtain the water and that they can ask for water at any time during the day.

We introduce foods from the diet of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones. We actively encourage children to wash their hands before handling food. We use snack times to help children to develop independence through making healthy choices, serving food and drink.

### ***The role of parents/ carers***

The pre-school is aware that the primary role in educating children about healthy eating lies with parents/ carers. We strive to build a positive and supporting relationship with parents/ carers of children at our pre-school through mutual understanding, trust and co-operation. In promoting this objective we will:

- inform parents/ carers of our policy on healthy eating;
- provide a healthy packed lunch for their child;
- inform parents/ carers about the best practice known with regard to healthy eating so that they can support the key messages given to children at pre-school.

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