



Poulton St Chad's Nursery



Food & Healthy Eating Policy

At Poulton St Chad's Nursery we encourage children to develop a positive attitude to food and healthy lifestyles. This is achieved through adopting a whole nursery approach which encompasses children, their families and team.

Introduction

This policy recognises that children under the age of 5 years have different nutritional needs from those of older children and adults. They have a high energy and nutrient requirement in relation to their size. Early Years is an important time to shape food preferences and habits, by allowing children to make their own selections through guided choice; this can have a positive impact on health in later life. This policy covers general nutrition guidance; children have individual needs which should be acknowledged. If parents/carers have any concerns they should discuss these with their Health Visitor, GP or Dietician.

General

Those responsible for food preparation and handling of food must be competent to do so, and all Poulton St Chad's Nursery team will have the appropriate food hygiene/safety qualifications. All of the team receive training in Food Hygiene.

Information will be made available to parents/carers regarding food and drinks provided for the children. Menus will be displayed for parents/carers to see.

We do not allow food to be brought into the nursery from home except in medical circumstances, which will be addressed on a case by case basis with the nursery manager.

The team will be good role models for healthy eating.

No nuts will be used in any of the recipes for meals produced on site however we cannot guarantee an environment free from any food product including nuts due to manufacturers' disclaimers on most products.

Allergies/Food Preferences/Special Diets

Poulton St Chad's Nursery will obtain and record necessary information from parents/carers regarding any special dietary requirements, preferences or food allergies in advance of the child being admitted to the nursery. A care plan will be completed and will be reviewed during attendance at the nursery.

Nutrition



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Poulton St Chad's Nursery will provide healthy, balanced and nutritious meals, snacks and drinks which have been nutritionally analysed to provide a healthy balanced choice across the weekly menu.

Foods from the four main food groups will be offered every day (starchy carbohydrates, fruit and vegetables, milk and dairy foods and proteins).

Main meals will include foods from the following food groups: starchy carbohydrates, protein, dairy and fruit and vegetables.

No salt will be added to foods and foods high in salt will be used as little as possible. If these products are used (e.g. gravy granules, stock cubes, etc) they will be the lowest salt variety available.

Foods containing added sugar will be confined to meal times to reduce the risk of dental decay.

The Nursery team will pro-actively involve children at meal times to create a social occasion which provides opportunities to promote children's social and educational development as well as encourage good eating habits and table manners.

Fussy eaters will be encouraged (but not forced) to eat. Praise will be given when the child eats, food will be removed without judgement if the child refuses food.

If a child refuses the main course a portion of dessert will still be offered.

Children will be given as much time as they need to finish meals.

Children will be given the appropriate utensils and crockery according to the meal served. Where it is part of a child's culture, or developmentally appropriate, to eat with their fingers or chopsticks, this will be encouraged and supported.

Older children are encouraged to serve themselves independently with assistance where required to pour their own drinks, lay the tables etc.

Snacks

Snacks are offered between meals where required to ensure children receive appropriate levels of energy and nutrition, for example at mid-morning and mid-afternoon.

Drinks



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Children will have access to drinking water at all times. Milk, or a dairy substitute if necessary and water will also be served at Morning and Afternoon Snack. Water will be served at Lunchtime and Tea Time.

Celebrations and Rewards

We do not offer children rewards for eating their food, e.g. bribes with confectionery or other foods, stickers, reward charts, certificates etc.

If parent / carers provide homemade cakes for the child's birthday we will provide this to the children when they leave for the day.

We encourage parent / carers to notify us of any special ethnic / cultural and religious celebrations and we will endeavour to adopt them into the daily routine.