

King Square Community

Healthy Eating Policy

Aim

We regard snack and meal times as an important part of our day. Eating represents a social time for children and adults, and helps children to learn about healthy eating. We promote healthy eating using resources and materials from the Pre-school Learning Alliance. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. The nursery supports and implements Islington's HEYL policy - Healthy Early Years! We were awarded the Bronze HEYL award and are currently aiming for gold.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts at the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
- We display current information about individual children's dietary needs so that all our staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- We plan menus in advance, involving children and parents in the planning.
- We display the menus of meals/snacks for parents to view.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:

- fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - Fruit and vegetables.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
 - We take care not to provide food containing nuts or nut products and we are especially vigilant where we have a child who has a known allergy to nuts.
 - Through discussion with parents and research reading, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
 - We provide a vegetarian alternative on days when fish are offered.
 - We show sensitivity in providing for children's diets and allergies. We do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
 - We organise meal and snack times so that they are social occasions in which children and adults participate.
 - We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
 - We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
 - We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
 - In accordance with parents' wishes, we offer children arriving early in the morning, and/or staying late, an appropriate meal or snack.
 - We inform parents who provide food for their children about the storage facilities available in our setting.

- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We give all the children the choice of milk or water at snack time and we provide whole pasteurised milk unless the child has intolerance to dairy then the parents provide a dairy alternative.

Packed lunches

We cannot provide cooked meals at lunch time children are required to bring packed lunches, we:

- Ensure perishable contents of packed lunches are refrigerated.
- inform parents of whether we have facilities to microwave cooked food brought from home;
- Encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraiche. We discourage drinks of all kind and provide children with water or diluted fresh fruit juice;
- any packed lunch that consist of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits we return this food to the lunch box and make the parent aware;
- provide children bringing packed lunches with plates, cups and cutlery; and
- Ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.

Legal framework

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)

This policy was adopted by King Square Community Nursery

On 15 October 2019

And will be reviewed on 15 October 2020

Signed on behalf of the provider by

Jackie Morgan
Director

Lisa Bassett
Chair

Other useful Pre-school Learning Alliance publications

- Safer Food, Better Business (Food Standards Agency 2011)
- Nutritional Guidance for the Under Fives (Pre-school Learning Alliance 2009)
- The Early Years Essential Cookbook (Pre-school learning Alliance 2009)
- Healthy and Active Lifestyles for the Early Years (Pre-school Learning Alliance 2012)