

HEALTHY EATING POLICY

Food plays a crucial role in our lives enabling us to refuel our bodies so they work efficiently.

Food is an important factor in good child development.

Eating is a social experience valued in all religions and societies. It is an opportunity to sit together, share ideas and thoughts, and reflect on the events of the day.

- We provide healthy snacks and drinks every morning and afternoon. The snacks consist of fresh fruit, dried fruit, a variety of breads, raw vegetables and milk or water to drink.
- We ask parents whether their child has any food allergies and/or religious food preferences so we can record this information making this available to all staff members.
- Staff have a positive attitude towards the snacks provided, because children learn to like or dislike a taste by copying others.
- We do not disguise food — children should know about vegetables, salads, fruit, cereals, fish and meat and learn to distinguish and value all these food groups.
- Opportunities are provided through planning, to ensure all children are involved in cookery sessions using a variety of different recipes.
- During snack time the children take turns choosing and giving out the snacks.
- Parents provide the main meals for their children (eg. Breakfast, lunch and tea). If a parent was not providing healthy and well-balanced meals, we would talk to them about nutrition and suggest meals that are more suitable. We regularly send out ideas for pack lunches and meals to help parents provide healthy meals for their child. All perishable foods are labeled and stored in the fridge until meal times. The fridge temperature is monitored and recorded every morning.
- A member of staff is responsible for heating up meals that parents provide, this member of staff receives an induction on our food practices for heating foods and attends a food hygiene course as soon as there is one available.
- We have fresh water delivered and tap water. Children have their own labeled water bottles or cups available to them constantly through the day. During the summer months we monitor children's drinking to ensure they do not get dehydrated.