

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 a healthy, nutritionally balanced, two course hot lunch and a high tea for your child. Tea is only available to children who are with us until 6:00 pm. Parents are required to stipulate if their child has a food allergy/intolerance or food preference due to cultural or religious beliefs and these will then be catered for.
- Lunch and Tea are delivered to the nursery by Slice of Pie (Nursery Catering Specialist). All hot meals are prepared fresh daily by a team of professional chefs, then brought up to at least 75C before being foiled, then packed into insulated boxes for delivery to us.
- Meals are delivered no later than 12 noon and for teas 5pm.
- All meals are safe to eat any time before 12:30pm and for teas 6:00pm, without the need to re-probe it. Food served after this time is re-heated to 75C and the temperature recorded before serving.
- A meals order form is completed by parents and signed on registration, specifying any dietary needs their child has.
- Children are provided with a colour coded placemat which includes their picture and details of their specific food requirements. Children use these placemats at all mealtimes, including snacks in order to ensure they are not given any restricted foods.
- Slice of Pie follow dietary needs, children who have such needs have their meals delivered in separate containers to stop any cross-contamination.
- We are unable to adjust the menu due to children's own preferences or tastes as we believe it is important for children to be introduced to a wide variety of foods.
- 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.
- Staff have a positive attitude towards all meals 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.
- We have fresh water delivered and tap water. Children have their own labeled water bottles in our under 2 room and parents provide all children over 2 with their own water bottles that they can access and refill constantly through the day. During the summer months we monitor children's drinking to ensure they do not get dehydrated.

This policy was reviewed on: 1st July 2024

By: Emma Fowles (Operations Manager)