

Healthy Eating & Snack Policy

Fernhill Nursery



Aim: A healthy diet is a long term investment in health, a diet for young children must fulfil all of their immediate requirements in terms of energy and nutrients. We aim to work in partnership with families and other professionals to support children in developing healthy eating practices and choices which will become embedded for life.

This policy reflects the guidance from the following:

- Health and Social Care Standards
- Setting the Table- Nutritional guidance and food standards for early years childcare providers in Scotland (NHS Health Scotland 2014)
- Food matters

Health and Social care standards states:

I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.

If I need help with eating and drinking, this is carried out in a dignified way and my personal preferences are respected.

I can enjoy unhurried snack and meal times in as relaxed an atmosphere as possible.

If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate.

My meals and snacks meet my cultural and dietary needs, beliefs and preferences.

If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.

I can drink fresh water at all times.

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Objectives:

- Provide children with positive healthy eating experiences in order to promote their wellbeing.
- To raise awareness with children and families in developing a positive approach to food, nutrition and oral education.
- Encouraging children to develop positive attitudes towards foods through learning opportunities on offer within the nursery.
- Respect the different dietary, cultural, religious and health needs of all our children

Guidelines:

- The weekly menu will provide children with a varied and healthy diet and will be displayed on Information walls for parents
- Snack will be available to all children in the morning and can be freely accessed.
- Milk or water will be available at snack times for children to help themselves and at all times throughout the day on request.
- Our snack Menu is planned taking account of Setting the Table and Food matters
- Our lunches are provided by a sub contractor who also works within the nutritional guidance for early years childcare providers and is a regulated company.
- A three week rolling menu of lunches is provided and all allergens are noted and managed to avoid harm to any child.
- Parents of children who are on special diets or who have allergies will be asked to provide as much written information as possible. A photograph of any child with dietary requirements or allergies will be displayed in the playroom ensuring that permanent and temporary members of staff are aware of each individual child's needs.
- Fernhill Nursery is nut free but other allergens are not eliminated from our menu but are carefully managed
- Water and milk will be available at all times.
- When celebrating a variety of multi-cultural festivals throughout the year, children are offered experiences of tasting and preparing foods from different cultures and countries.

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Implementation Guidelines:

- Staff will regularly promote good hygiene practices from toileting to hand-washing.
- Special Occasions – We value the importance of celebrating special occasions and birthdays in the nursery. A cake will be welcomed when celebrating a birthday, other suggestions for a party could be fresh fruits along with unsweetened orange juice diluted with water. When cakes are provided these will be given home with the child to be eaten at the discretion of the parent.
- The nursery is involved in the “Child Smile” programme and children brush their teeth on a daily basis. Staff have undertaken training with our local dental hygienist to ensure that children are instructed in the correct method of tooth brushing and the dentist also visits the children regularly throughout the year to reinforce this.
- Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.

Parental Involvement:

We welcome the involvement of parents in all aspects of the nursery. Staff are keen to work closely with parents to ensure that healthy eating is promoted as a two way process.