



Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

Nutrition and Healthy Eating Policy

Policy statement

Employees have a statutory duty to promote healthy eating to all children in our care. At Ashurst Wood Community Pre-school we believe that mealtimes should be a happy, social occasion for children and staff. We are committed to offering children healthy, nutritious snacks which meet the individual needs and requirements. *Early Years Foundation Stage (EYFS) Statutory Guidance* **“Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious”.**

Parents commitment to supporting healthy eating.

- Parents will provide their children with healthy and nutritious packed lunches offering foods from all food groups. **Refer to Packed lunch ideas leaflet.**
- Portions will be child sized (excess amounts of food will be sent home).
- Parents will only provide children with one ‘treat’ item – others will be sent back home.

Procedures to promote healthy eating in our setting:

- Before a child starts to attend 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 provide nutritious food for snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- 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 are a **NUT FREE** setting and 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. Any food sent in in lunch boxes suspected of containing nuts will not be given to you children and will be sent back home with a reminder that we are a nut free setting.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Adults will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods.
- 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 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 and 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. We provide semi-skimmed milk and water as a drink at snack time.
- No child will be left alone when eating to reduce the risk of choking.
- Staff set a good example and eat with the children and show good table manners. Meal and snack times are organised so that they are social occasions in which the children and staff participate in small groups. During meal and snack time children are encouraged to use their manners and say "please" and "thank you" or sing our 'please and thank you' song.
- Staff support children to make healthy choices and understand the need for healthy eating.
- If a child does not finish their meal, they may return to eat later in the day.
- Whilst children are encouraged to eat their meal leaving their treat until last, we will not restrict them. Children are encouraged to at least taste their main meal items (carbohydrates, proteins, fruits and vegetables) before eating their treats. Children will only be offered ONE treat item per day.
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for young children – children will not be encouraged to overeat or remain at the table until they have eaten everything in their lunch box.
- We will sometimes celebrate special occasions such as birthdays and celebrations with the occasional treat food. These will either be given at our usual mealtimes or sent home with the children to prevent tooth decay and not spoil the child's appetite.
- We allow parents to bring in cakes/treats for their child's birthday. These are sent home with the children at the end of the session, and it is parents' discretion to allow their child to eat it.

This policy was adopted by

Ashurst Wood Pre-School
Lauryn Page (Manager)
Charlotte Tester (Chair)

Packed Lunch Ideas

Early Years Foundation Stage (EYFS) Statutory Guidance 2021 page 33 “Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious”.

Carbohydrates	Protein	Dairy	Fruit and Veg	Healthy Fats	Treat
1 child sized portion (1 sandwich – 2 slices of bread/ one sandwich thin/1 bagel.	At least 1 portion	At least 1 portion	At least 2 small portions.	1 portion - if the child enjoys these item	<u>MAXIMUM</u> 1 Treat per lunch
Bread Sandwich Thin Bagel Crackers Crackerbread 	Chicken Ham Tuna Egg Luncheon/ cold meats Sausages Chicken breast strips (Breaded or plain) Scotch Eggs 	Yoghurt (children sized)  Mini/ small cheese portion 	Fresh fruit  Crudité (veg/salad sticks) - Tomatoes - Cucumber - Pepper - Carrots - Celery  Dried fruit - Mango - Apricots - Raisins - Apple - Banana 	Avocado  Humous  Olives 	Biscuits (max 2 or a mini bag) <i>Biscuits should be more biscuit than chocolate.</i> Yogurt covered dried fruits. Mini cheddars Cheesy Nibbles Rice cakes Malt loaf Jelly pot Mini cakes slice (ideally without icing) Cereal bar   
Pastries – (Cheese Straws) Pasta Potatoes Rice (please note we will not re-heat any rice dishes at Pre-school) 	Beans/Pulses Quorn Meat Free alternatives 	Dairy/lea/Cheese Dunkers (this should not be a carbohydrate replacement) 	Cooked or raw Vegetables 	Whilst crisps are not recommended, we do not mind a treat of a small pot of crisps. Please consider that a full bag of crisps is an adult portion. We recommend a maize/ baked style crisp. 	