



Healthy Eating Policy

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious. Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements. Fresh drinking water must be available and accessible to children at all times. Providers must record and act on information from parents and carers about a child's dietary needs.

(Statutory framework for the Early Years Foundation Stage 3.48)

Aims

- To make meal/snack times a pleasurable and safe experience.
- To support children and their families, creating an awareness of healthy eating and promoting as appropriate.
- Within Buckles and Bows pre-school setting, to provide opportunities and experiences to develop children's knowledge and understanding of healthy eating concepts in accordance with Early Years Foundation Stage Physical Development.
- Working towards ensuring all staff, parents and carers embrace the policy in a positive manner.
- To work within the Health and Safety guidelines regarding food preparation and storage.

At Buckles and Bows Pre-school, we regard snack and lunch times as an important part of the children's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. To help us comply with government initiatives and for the general well-being of the children, we adhere to the following guidelines:

Procedures

We follow the procedures below to promote healthy eating at Buckles and Bows Pre-school.

- Prior to a child attending we enquire about his/her medical, cultural and/or



dietary needs - including any known allergies. This information is recorded on a registration form and signed by parents/carers. We ask that parents advise the pre-school of any changes to their children's dietary needs - including allergies.

- To ensure continuity of care, we display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We take care not to provide foods containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. To avoid the risk of a child with a known nut allergy being exposed to nuts during a lunch session, we ask parents not to provide packed lunches that include nuts or nut products (e.g. snack bars, Nutella, peanut butter, pesto).
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, of vegetarians, vegans and about food allergies and intolerances. We take account of this information in the provision of food and drinks.
- We organise snack and lunch times so that they are social occasions in which children and staff participate.
- all staff involved in preparing and handling food receive training in food hygiene
- We have fresh drinking water available for the children throughout each session. We inform the children about how to obtain the water and help them if necessary.
- We inform parents of our policy on healthy eating.
- We will notify Ofsted of any food poisoning affecting two or more children looked after on the premises. Notification will be made as soon as is reasonably practicable, but in any event within 14 days of the incident.

Snack time

- At snack time, we aim to provide healthy and nutritious food which meet the children's individual dietary needs
- Drinks and snacks provided by Buckles and Bows Pre-school are of low salt, sugar and fat content where possible.
- Mid-morning snacks include fresh fruit and/or vegetables wholemeal bread, rice cakes, crackers or bread sticks.
- A choice of fresh milk or water is supplied to drink.
- all fruit and vegetables should be washed thoroughly before being eaten



To reduce the risk of choking we:

- remove any stones and pips before serving
- halve or quarter small fruit and vegetables like grapes and cherry tomatoes
- cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks

Lunch time

We ask parents to provide a healthy balanced lunch for their children.

Avoid including any kind of sweets and chocolate bars.

We suggest:

- Sandwiches - small with children's favourite fillings (excluding nut-based fillings)
- Yoghurts
- Small portion of crisps or savoury snacks
- Fresh fruit - large grapes cut into 4 vertically, melon cut into fingers not cubes
- Vegetables - cut into fingers rather than cubes to avoid choking
- Other suggestions: cold meats, pasta or rice salads, raw vegetables with dips, jellies, homemade cakes, tinned fruit
- Please, NO NUTS of any kind, including Nutella and pesto.
- No popcorn due to choking hazard of un-popped corn
- No marshmallows due to choking

Cooking and special occasions

Special celebrations such as Pancake Day, multi-cultural festivals or sensory tasting activities in line with current themes may allow for small amounts of food to be tasted. Cooking activities will be a mixture of healthy foods or treats which we will use to discuss and then send home for parents to decide if their children are able to eat them.

Please see the following website for further information on Healthy Eating:

<https://www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england>



This policy was adopted at a meeting of the pre-school held

On(date)

Signed on behalf of the pre-school.....

Position within group.....

Review date.....