



## 6.9 Healthy Eating Policy

We believe that healthy eating is contributing factor to children's learning and development. At Creative Minds Nursery we aim to:

- Raise awareness of healthy eating and promote healthy eating on nursery premises.
- Make snack/meal times a pleasurable and safe experience.
- Support children and their families, creating an awareness of healthy eating and promoting as appropriate.
- Provide opportunities and experiences to develop children's knowledge and understanding of healthy eating concepts.
- Integrate the promotion of healthy eating into learning.
- Work within the Health & Safety guidelines regarding food preparation and storage.
- Inform parents about the range of healthy eating options that can be provided for lunch prior to children starting nursery.
- Advise parents if their child is not eating well.
- Respect cultural eating habits.
- Encourage children to develop good eating skills and table manners, and ensure children are given plenty of time to eat.
- Work closely with families of children with specific dietary requirements: Parents of children with special diets will be asked to provide as much written information as possible about suitable foods, and in some cases may be asked to provide food themselves.
- Ensure dietary needs and allergies are visible to all practitioners so they are fully aware of foods to avoid.
- Sit with children while they eat and provide a good role model for healthy eating.
- Never withhold food as a form of punishment.

### Links to learning

- Practitioners will work with groups of children giving opportunities to explore flavours and textures of healthy food through tasting and cooking activities.
- Growing fruit and vegetables in the nursery.
- Through links to stories
- Children will the opportunity to sample foods from different cultural and ethnic backgrounds.



## Food hygiene

Children will always be reminded about the importance of hand washing. When working with food, children will be encouraged to follow basic hygiene routines – washing hands before and after working with food. All practitioners are qualified in Food Hygiene.

## Breakfast

Breakfast will be offered to children between the hours of 07:00 - 08:00. Children will be given a choice of cereal (no sugar). Water and milk will be available to children.

## Lunch

Parents are to provide their children with a packed lunch and will be encouraged to provide their child with a healthy option. We ask that unhealthy snacks such as chocolate, sweets and cake aren't put into lunch boxes or kept to a one item minimum. Parents are given healthy lunch ideas information in their settling in paperwork. Alternatively, parents may wish to discuss options with their child's key person. Children may have water or milk if they wish.

## Snacks

Healthy snacks are offered to children in morning, afternoon and late sessions. There will be times when children prepare their own snacks with the support of practitioners and get to sample the dish. Children also participate in the choosing of healthy foods for the week.

## Birthdays

Due to the many varied dietary requirements of the children, we ask that parents do not bring in birthday cakes.

Internal use only

<b>This policy was adopted on</b>	<b>Date for review</b>
21/08/2013	21/08/2014
<b>Date reviewed:</b>	<b>Date of next review:</b>
26/02/2020	February 2023