

Healthy Eating

We are committed to providing an environment that promotes a healthy, balanced diet, enabling everyone to make informed choices about what they eat and drink. Our commitment to healthy eating is embedded across all aspects of our practice and we have a Healthy Eating Coordinator, Sue Booth, who has a clear understanding of the role.

Food Safety and Hygiene

- We have established procedures for health & safety covering all aspects of food hygiene and follow Food Standard Authority guidelines regarding food safety and the preparation of food (see Health & Safety policy).
- We have a fully equipped kitchen with a dishwasher, fridge, oven, hob, microwave and washing machine ensuring hygienic food preparation and a high standard of cleanliness.
- Staff have received food hygiene training and both Alison Lyons and Sue Booth hold a Level 2 Food Safety and Hygiene for Catering.
- We ensure that children and adults who are involved in food preparation are fit to do so.

Food and Drink Provision

- Fresh drinking water and chilled semi-skimmed milk are available throughout the day.
- A healthy snack in portion sizes appropriate for the age and needs of the children in our care, is provided in the morning and afternoon.
- Children bring in packed lunches and staff sit and eat their lunch with the children, acting as positive role-models, praising healthy eating and supporting them to eat their lunch in order of nutritional importance.
- Any food not eaten by children is put back in their lunch bag so that parents can see what they have had.
- Children are allowed to bring in food to celebrate their birthdays if they wish. Staff ensure that any food brought in to Pre-School to share is appropriate for all the children, including those with individual needs; alternatives are provided where necessary.

Meeting Individual Needs

- Information regarding children's allergies, medical conditions and dietary requirements is collected on our Registration form, recorded in the children's

register and displayed in the kitchen. A manager ensures that all staff are fully briefed. The child's key person checks this information every six months and these checks are recorded on the form on display in the kitchen.

- Special diets are catered for and, in consultation with parents, we adapt snacks and recipes/packed lunch guidance according to children's individual needs.
- Where necessary, we work closely with outside agencies and health professionals to support children's individual nutritional and eating needs.

Learning about Healthy Eating

To support children's current and future health, we promote a healthy, balanced diet through our setting's environment and resources, planned activities and during free play.

- Visual displays promoting healthy eating and a balanced diet
- Fruit and vegetable garden
- Low-level sinks, paper towels (to encourage hand washing)
- Books on food, healthy diets and healthy living throughout the setting
- Songs, poems and action rhymes
- Puzzles and games
- Role-play
- Healthy snack bar (children choose and prepare snacks)
- Discussions during planned activities, free play, at lunch and snack times
- Visitors to the setting (such as dentist and health visitor).

All staff understand their responsibility for promoting healthy eating and are kept up-to-date with current food and nutrition messages relevant for the children cared for at Pre-School, including the 'Eatwell' plate and portion size.

Partnership with Parents

- We ensure that children only receive food and drink consistent with their parents' wishes and their own individual needs.
- Staff regularly discuss with parents what their children are eating whilst at the setting. Any issues involving eating or drinking are discussed with parents and closely monitored.
- We have a dedicated 'Healthy Tots' notice board which provides parents and staff with information on balanced diets, food groups, fussy eating and dental health.
- Our Healthy Eating Coordinator sensitively provides personalised support and information to individual families where appropriate.
- Our termly newsletter regularly features articles and information on healthy eating, as does our web site.
- We link activities and provide information in conjunction with local and national health awareness weeks

