



## Healthy Eating Policy

Version no: 0.5

### Version Control:

Version Number	Purpose/Change	Author	Date
0.1	Yearly update	Melanie Nadin	29/09/17
0.2	Grammar checks	Sarah Allen	4/11/17
0.3	Additions and added Olives for cutting	Melanie Nadin	8/12/17
0.4	Yearly review	Melanie Nadin	18/10/18
0.5	Yearly review	Melanie nadin	02/09/19



## Healthy Eating Policy

Hixon Preschool Playgroup aim to promote healthy eating and healthy lifestyles. Where food and drink are provided, it will be healthy, balanced and varied.

Eating represents a social time for children and adults, helps children to learn about healthy eating, and encourages good table manners.

It is a requirement of the EYFS that where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious.

Environmental health requires that people preparing food should hold an up to date food hygiene certificate.

**All staff that handle food/prepare snacks have a Basic Food Hygiene certificate. All staff will be fully qualified before handling food.**

Hixon Preschool Playgroup will ensure that we:

Promote hand washing prior to snacks and drinks being served.

Ensure appropriate equipment and utensils are used.

Promote children to be seated for snacks to role model positive social skills for children at mealtimes.

Provide healthy snacks and drinks

Provide for and encourage children's healthy choices.

Encourage independence by tidying up their own plates and cups.

- Before a child starts to attend the preschool, we find out from parents their children's dietary needs, including any allergies – this is recorded on the child's registration form.
- We do not give children nuts in case of nut allergies and ask parents not to provide them in packed lunches.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies are up-to-date.
- We ensure all staff are aware of individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink, which is consistent with their dietary needs and their parents' wishes.
- We provide nutritious food for snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colorings.
- We include the following elements in snacks which are offered:
  - Protein for growth; and
  - Essential minerals and vitamins in raw foods, salads and fruits.
- 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 hoping to enrich their tastes and experiences.
- 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, and vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.

- We require staff to show sensitivity in providing for children's diets and allergies. Staff 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 organize snack/lunch times so that they are social occasions in which children and staff participate. They are an important time for the children to share the enjoyment of food and we look to maximize this by involving the children in baking and preparing food.
- We use meal and snack times to help children to develop independence through making choices, serving their own food and drink and feeding themselves.
- We provide children with utensils, which are appropriate for their ages and stages of development. For example, knives for spreading butter onto toast. We also take account of the eating practices of their different cultures.
- Fresh drinking water must be available at all times. We inform the children about how to obtain the water from the water table.
- Children bring in their own water bottles to be placed on the water table and accessible all day. These should be clearly labelled with the child's name.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
  - At snack times, we offer both water and semi- skimmed milk.
- In cases of food poisoning affecting 2 or more children Ofsted are notified within 14 days of the incident occurring.
- Children will sit when eating or drinking.
- Withholding food will not be used as a form of punishment.
- Children will never be left unattended whilst eating or drinking.

### **Packed Lunches**

Children bring packed lunches to the Preschool that are stored on a trolley. Parents are encouraged to provide a healthy well-balanced lunch for their child with a cool pack in the box to keep it fresh until lunchtime.

We encourage parents to provide a healthy packed lunch and suggest:

- Sandwiches -small with children's favorite filling (excluding peanut-based fillings) wrapped in foil, a small sandwich bag or in a box. NO CLINGFILM as we encourage children to eat their food independently and this is more difficult to maneuver.
- Crackers with cheese, pasta or rice as an alternative to sandwiches.
- Yoghurts
- Vegetable sticks
- Cheese sticks or triangles
- Fresh fruit (**GRAPES, OLIVES and CHERRY TOMATOES are to be cut in half lengthways for your child so as not to present a choking hazard.**)
- Other suggestions: dried fruit, cold meats, jellies, tinned fruit in re-sealable container.



- Small amounts of savory snacks.
- **One** chocolate biscuit/cupcake or treat item per child to be eaten at the end of their meal.
- Please **No NUTS** of any kind.
- **Marshmallows and popcorn are also to be avoided due to the high incidence of choking.**
- Parents are asked **not to send sweets** into preschool.

**Date for review Sept 2020 unless new legislation comes into effect**