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Healthy Eating Policy

The Athelstan Nursery is committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The Manager and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children.

The setting recognises the importance of healthy eating and a balanced and nutritious diet. Because of this, the setting will endeavour to make a variety of foods, available including vegetarian and vegan options, plenty of fruit and low fat and full fat where appropriate.

The setting encourages parents/carers to contribute fruit on a regular basis that children can enjoy at the snack bar.

Parents are asked to provide a healthy well balance lunch and are asked to refer to our 'what to put in the lunchbox' advice. The nursery does not permit nuts or anything containing nuts and insist that grapes and sausages are cut in half length ways.

During warm weather parents should provide a freezer pack within their child's lunch box to help ensure children's lunches are kept cool.

The setting will not regularly provide sweets for children and will avoid excessive amounts of fatty, salty or sugary foods. The setting will provide milk and make sure that fresh drinking water is available at all times.

Food preparation

When preparing food and drink, staff will be mindful of the provisions of the hygiene policy so as to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

The Manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990

As part of a child's settling in period, the setting requires that the parent and carers review the Registration Form, including information of any special dietary requirements or allergies the child suffers from, along with food and drink preferences. The Manager and staff will ensure that food and drink offered to

children takes account of this information so as to safeguard their health, and meet as far as possible their preferences.

No child will ever be forced to eat or drink something against their will and withholding or granting of food or drink will never be used as either punishment or rewards.

Cultural and Religious Diversity

The setting and its staff are committed to embracing the cultural and religious diversity of families who use our services. The Manager and staff will work with parent/carers to ensure that any particular dietary requirements are met. The setting is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

Nursery Manager: _____ Trustee: _____

Policy Date: _____ Review Date: _____

What to Put In the Lunch Box



A good helping of fruit and vegetables

Fresh fruit is easy to pack. You can also try a tub of canned fruit or chopped fresh strawberries, pineapple or melon. Raw vegies such as carrot sticks, cherry tomatoes, cucumber are popular as a snack or in a sandwich.

Starchy food

Like bread, rice, potatoes and pasta. Have a variety to choose from such as wholegrain, wholemeal or high fibre breads, Lebanese bread, pita, bagels; brown and white rice; or tricolour pasta.

Lean protein

Like tuna or salmon (fresh or canned in spring water or oils such as canola, sunflower or olive oil); boiled eggs; beans; or lean meat such as beef or chicken.

Reduced fat dairy food

Like reduced fat yoghurt, reduced fat cheese.

A bottle of water

To keep your child hydrated all day. Freeze on hot days to keep the lunch box (and your child) nice and cool.

Healthy choices

Look at food labels to help you choose the products that are lowest in saturated fat, total fat, sugar and salt. Avoid high fat spreads and try a little avocado, low fat mayonnaise, mustard or ricotta cheese instead.

Nutritious snacks

Such as a small box or bag of dried fruit, rice cakes or unsalted and unsweetened popcorn.

And remember: Treats like chocolate or crisps should only be included occasionally, not every day.