

## **Healthy Eating**

Our nursery aims to promote healthy eating at all times, we believe that nutritious food and drink are essential for a child's well being. We will have regular campaigns and information in the nursery about healthy eating. We request that all parents / carers provide information on their child's dietary needs, allergies or food and drink preferences before they start at the nursery to ensure that all staff are made aware of their child's individual needs. Parents / carers of children who are on special diets will be asked to provide as much information as possible about suitable foods. Children's medical and personal dietary requirements are always known and respected. Dietary rules of religious groups, vegetarians / vegans are known and met in an appropriate way, making sure that they are always respected and valued within the setting.

Staff promote a positive attitude to healthy eating through play / art activities and discussion. As children grow, we will encourage the children to drink and eat independently and use crockery and cutlery appropriate to their stage of development. During meal and snack times, we will always encourage children to gain an understanding of how food and water is an essential part of growing.

We will ensure that all meals and snacks are nutritious, healthy and balanced. Multicultural diet is always offered, to make sure those children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try new food.

Children will be encouraged to develop good eating skills and table manners, and will be given plenty of time to eat, no child will be rushed. Children will be encouraged to have opportunities to self-select food. Portion size is important for children as they have a small stomach and under-developed gut which prevents them from consuming large quantities of food at a time so this will be monitored by our staff. Members of staff will sit with the children while they eat and provide a good role model for healthy eating, children will be encouraged to serve out their own food and pour their own drinks. Withholding food will never be used as a punishment.

We are very much aware of the importance of establishing healthy eating habits within our nursery. Menus are planned in advance and food offered is fresh, wholesome and balanced. Weekly menus will be displayed, and parents / carer's are encouraged to give ideas or comments. Our aim is to provide nutritious food and snacks, avoiding the intake of food and drink containing sugar, salt, additives, preservatives and colorings. We are committed to the

'Five-a-Day' initiative. All meals and snacks are freshly prepared on the nursery premises, we encourage children to take part in the preparation of some foods.

We will offer fresh water for the children to drink throughout the day. Milk at snack times and water will be offered at dinner times. It is our policy, wherever we can, to use fresh produce. This will be purchased on a weekly basis.

The babies are either seated in high chairs or held while feeding. If in a high chair then safety straps are used and the children are always supervised. Whilst bottle-feeding the babies are held in arms. All children are encouraged to be independent while ensuring they also get the help and assistance they need.

Children who do not have breakfast at home will be offered this when they arrive, with agreement from the Nursery Manager with the child's parent/carer.

Parents/carers will be advised if their child is not eating well and a plan made on how to move forward with this.

You can help us at home by reinforcing the messages we are trying to get across to your children about Healthy Eating.

**This policy was revised & updated on the 15<sup>th</sup> August 2022  
Eversley Nursery School**