

## **Nutrition and Healthy Eating.**

*Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious. Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies.*

*EYFS Statutory Guidance. pg. 26.*

### **Our policy for Nutrition and Healthy Eating is : We believe:**

That we will endeavour to use fresh food that is sourced locally, and will comply with legislation and the Healthy Eating 5 a day agenda. That the menus will contain a range of culturally diverse food as well as meeting all individual dietary requirements including those based on medical or cultural grounds. We will meet all Individual weaning needs and endeavour to make mealtimes a sociable occasion where staff and children will eat together and good manners encouraged. Food will not be used as a punishment and children will not be threatened with the removal of any course or force fed. Children will be encouraged to participate in cooking activities learning about where food comes from, what is healthy and what is not and looking at different types of food. All staff responsible for the handling of food will be qualified.

### **Our procedures for Nutrition and Healthy Eating are: We support this by:**

- Displaying our snack menus for all to see
- During the induction period children's dietary requirements will be discussed including allergies, other medical needs or cultural and religious needs.
- Whilst we endeavor to accommodate individual requirements in some instances we may request that parents provide some ingredients or specific foods.
- Fresh drinking water is available throughout the day.
- Ensuring no salt is added to any of the food, and trying to avoid using foods that contain a large amount of sugar, additives, preservatives and colorings.
- We include a variety of white and whole meal starchy carbohydrates
- Full fat dairy products will be given to all children including full fat milk.
- Key people will sit with their children while they eat providing a good role model for table etiquette and healthy eating.
- Food and liquid intake will be monitored by the child's key-person.
- Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.
- Children will be encouraged to self-select food.

We aim to encourage children to try new tastes and flavours and to experience food from other cultures; ensuring children from all backgrounds encounter familiar tastes and also have the opportunity to try unfamiliar foods