



## LITTLE ACORNS PRE-SCHOOL

### POLICIES

## FOOD AND HEALTHY EATING POLICY

### **AIMS:**

- To establish sound eating habits for life through the provision of healthy snacks between meals that meet the nutritional requirement of a growing child.
- To encourage good social eating practices in hygienic surroundings.

### **METHODS:**

- Children will have the opportunity to try an increased variety of foods and will have access to tasty, healthy snacks.
- Little Acorns will provide balanced healthy snacks twice a day following the guidance of Nipper's Nutrition and the menu planning tool.
- Information on portion-size is available to staff in the kitchen.
- Water will be available at all times, with an option of milk at snack-time.
- Snack menus will be changed quarterly to reflect the seasonal food which is available.
- Wherever possible food for snacks will be locally sourced.
- Fresh fruit only will be served at snack times.
- The food of different cultures will be introduced through celebrating festivals and initiatives such as "Food of the week."
- Children will be encouraged to develop good eating habits and table-manners. They will be given plenty of time to eat.
- With-holding food will not be used as a form of punishment.
- Healthy food options will be used in all activities whenever possible: in play, in education, language, cooking and other events.
- Every opportunity will be taken to grow food for snacks in the garden e.g. apples, peas, beans, tomatoes, lettuces and strawberries.

- Children will be encouraged to play outside every day. This will ensure they are given the opportunity to be exposed to summer sunlight which helps their bodies make vitamin D.

## **PARENT/CARER INVOLVEMENT**

- A copy of the Healthy Eating policy is on display in the foyer as well as the weekly snack menu, and information on Nipper's Nutrition.
- Parents or carers of children who are on special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the food themselves.
- A specific allergy plan will be in place to deal with any child having an allergic reaction.
- Information on the 14 allergens is displayed in the foyer.
- Foods which we serve at snack times and that contain any of the 14 allergens are displayed in the foyer.
- Children who stay all day are provided with a packed lunch by their parents/carers. On admission parents/carers are given information on a 'Healthy Lunchbox' and are requested not to include chocolate, confectionary or sugary drinks.
- Parents are asked to not send any nut products in their child's packed lunchbox.
- Parents will be given the opportunity to purchase a vegetable box each week through the "Healthy Box" scheme.
- Parents/carers will be advised if their child is not eating well.
- Parents are to be well informed on dental health and each family is to be provided with a copy of the 'Oral health tool kit'.

## **STAFF**

- Staff will sit with children while they eat and will provide a good role-model for healthy eating.
- All staff will complete food hygiene training or read the good food better business guide.
- All staff will be encouraged to increase their knowledge of healthy eating through CPD.

### **See also:**

Food Hygiene policy  
Sun Protection Policy

Signed.....

Updated October 16  
May 2013

REVIEWED; MAY 2015  
REVIEWED: FEBRUARY 2015  
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