

## Healthy Eating Policy

### Toy Box Nursery

Toy Box is committed to meeting the EYFS welfare requirements and the individual needs of children attending our setting. We understand that early food experiences have an important effect on adult eating patterns and may influence attitudes to eating. Mealtimes are an enjoyable social occasion, providing an opportunity to encourage good communication skills and language development.

#### **We will**

- Provide a balanced and healthy breakfast, midday meal, tea and two daily snacks for children attending a full day at the nursery.
- Provide nutritious food using fresh produce and using local suppliers when possible.
- Discuss with parents on their child's entry to the setting their individual dietary needs, any allergies, and any religious requirements. We will record information about children's individual dietary requirements and ensure that all staff are aware of those needs.
- Plan menus in advance, rotate regularly and reflect cultural diversity and variation. Menus will be displayed for parents.
- Provide nutritious food at snack and mealtimes, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives, and colourings. Menus will include servings of fresh fruit and vegetables.
- Organise meal and snack times so that they are social occasions in which children and staff participate in small groups. During meals and snack times children will be encouraged to use good manners, say 'Please' and 'Thank you' and conversation will be encouraged, it will be expected that children will sit at the table with their friends even if they do not eat.
- Provide parents, with children under the age of 3 years, with written daily information regarding food and drink intake.
- Promote a positive attitude to healthy eating through play opportunities and discussions.
- Consult with parents/carers about how and when they wish solids to be introduced.
- Discuss with parents regarding their children's' needs on a regular basis and update records accordingly.
- Set a good example and eat with the children and show good table manners.

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- Use meal and snack times to help promote children to develop independence through making choices, serving food and drink, and feeding themselves.
- Allow children who are slow eaters to be given time and not be rushed.
- Encourage children to participate in the preparation of meals when appropriate.
- Encourage children to try a small piece of everything but any child who shows signs of distress at being faced with a meal he/she does not like will have their food removed without any fuss. If a child does not try their first course, he/she will still be given a small helping of dessert.

Drinks we will provide:

- Fresh drinking water will be constantly available and frequently offered to children and babies.
- Milk and water will be offered with snacks.

### **Food and Drink Preparation**

- All Staff at Toy Box have a duty and responsibility for the correct maintenance of food and drink preparation areas.
- Staff will undertake appropriate food safety training
- Surfaces will be cleaned before and after any food/drink preparation.
- Food and drink preparation areas will be used solely for that purpose.
- Faults and breakages will be reported to the manager.
- Equipment will be checked regularly as per regulatory requirements.
- The setting will hold the required Environmental Health certificate.

*Signed on behalf of the setting by:*

..... *Owner/Manager*

..... *Deputy Manager*

Date:

Review Date:

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