



Furzehill Childcare Centre

Healthy Eating Policy

Statement

Furzehill Childcare Centre recognises the importance of a healthy lifestyle and diet and understands that establishing a balanced diet in childhood helps establish healthy eating habits for life. In order for us all to meet our full potential we need to be healthy and fit; physically, mentally and socially. This policy states the ways in which our organisation supports children, young people and parents to develop the skills and attitudes that will help them make informed healthy choices.

We recognise that it is important for everyone working for our organisation and outside agencies working within our centre's to use consistent messages around healthy eating. Therefore, our message is:

Healthy eating does not mean **NO** treats, but it does mean having them at appropriate times and not too often. We aim to develop and promote a 20:80 balance.

Aims

- To make the provision and consumption of food an enjoyable and safe experience.
- To improve the health of children, young people, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- To provide a consistent programme of cross-curricular nutrition education.

We aim to encourage everyone to develop positive attitudes to becoming healthy, happy members of the community by:

- Only providing snacks that are nutritious and healthy.
- Encouraging enjoyment of exercise and fresh air.
- Teaching and learning about healthy foods, keeping safe, respecting others, their faiths, and cultures.
- Organising visits from other agencies to talk to parents and children on a range of health-related issues.

Objectives

- To work towards ensuring that this policy is both accepted and embraced by professionals, staff, children, young people and parents and the wider community.
- To integrate these aims into all aspects of nursery in particular food provision within the centre's, the curriculum, and social activities.

Links to other policies.

- Curriculum planning through which healthy eating messages are to be delivered include Personal, Social and Emotional Development, Knowledge and understanding of the World and Communication, Language and Literacy.
- Health and safety policy that states how food is stored, prepared, and cooked in nursery.



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Provision of food and drink

Snack Time

Milk and water is provided for every child. A specific time is set aside for this and those who do not have milk, at their parent's request, have water instead. Snack is also provided, this is either a piece of fruit, vegetable or other healthy snack.

Curriculum, Teaching and Learning

Children are given the opportunity to use all their senses as appropriate to explore different foods as part of planned activities.

Whenever possible children are encouraged to prepare and taste traditional foods from other cultures for example through the celebration of different festivals.

Modeling good practice

Staff, volunteers, and students are expected to model good practice in relation to healthy eating at all times and as such should keep their consumption of less healthy choices to lunch times when they are out of sight of the children or on special occasions such as celebrations. It is expected that staff will model the eating of healthy foods in front of the children during tea breaks and snack times.

Children with Special Educational Needs

All staff are made aware of any medical/allergic conditions of individual children through staff meetings, discussion and clearly displayed notices in the centre's. Information relating to individual needs is discussed with all parents before their child's admission to the setting.

Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food.

Whenever children work with food in the centre's they are helped to follow basic hygiene routines including; wearing a food preparation apron, using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

Monitoring and Assessing the Policy

The healthy eating policy is to be monitored by the managing director and senior managers. It will be reviewed annually and in line with any new legislation.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>11th March 2022</i>	<i>L. Coleman</i>	<i>11th March 2023</i>