

Little Treasures Nursery Healthy Eating Policy

Rationale

To raise awareness of healthy eating and to promote healthy eating on nursery premises.

Aims and Objectives

- To inform parents and children of healthy eating.
- To promote healthy eating on nursery premises.
- We have now achieved the silver award and are working towards the Gold Award.

Implementation

- The Nursery snack and drinks menu has been taken from North Lanarkshire diet and nutrition policy 2008 to 2017
- Nursery recipes will be given with monthly newsletters.
- All children in childcare will have suitable snack made available for them, this will include children with dietary requirements and allergies.
- Early session children who do not receive breakfast at home will be offered this when they arrive if this is agreed by parents or guardians.
- Milk/water will be served with morning and afternoon snacks.
- All dairy products will be full fat.
- Water will be available at all times.
- Milk/water will be served at lunch time.
- Children will be allowed to have second helpings of fruit or milk based desserts if available.
- The nursery will actively encourage parents/carers to use the literature provided on the Healthy Eating Notice Board.
- Parents/carers will be advised if their child is not eating well.

- Advice will be given to parents about suitable foods to bring from home. This will include suitable party foods and healthy options for packed lunches.
- Cultural differences in eating habits will be respected.
- Parents of children who are on special diets will be asked to provide as much written information as possible about suitable foods, and in some cases may be asked to provide the food themselves. Any child with a dietary requirement or allergy shall have their name displayed in the food preparation area. This will ensure that permanent/supply staff are aware of each individual child's needs.
- Staff will sit with children while they eat and provide a good role model for healthy eating.
- Withholding food will not be used as a form of punishment.
- 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 play outside everyday, weather permitting; this will ensure that they have the opportunity to be exposed to summer sunlight which helps their bodies to make vitamin D.

Reviewed April 2009