

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 Gold Award for being a Health Promoting Nursery.

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.
- Milk/water will be served with morning and afternoon snacks.
- All dairy products will be within guidelines for age range of nursery.
- Children's individual water bottles will be available at all times.
- Milk/water will be served at lunch time.
- Children will be allowed to have second helpings of fruit at snack, 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 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 and snack area. This will ensure that permanent/supply staff are aware of each individual child's needs.

- If necessary an Individual Care Plan will be written for children with specific requirements and signed by all staff. This will ensure the child's health and wellbeing whilst allowing them to participate in the same experiences as others.
- In the event that a child eats something which they are allergic to, staff should follow Individual Care Plan or seek medical help. The child's parents will be contacted immediately.
- 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.

National Care Standards- Health and wellbeing, Standard 3
A caring environment, Standard 7

Signature	Position	Date of review