



## Healthy Eating Policy

### **Statement of Purpose**

The promotion of children's healthy eating is an important aspect of high quality childcare and children should have a positive experience which helps to develop lifelong healthy eating habits.

Healthy Eating should be promoted in all Early Learning and Childcare (ELC) settings by providing a well balanced and nutritious diet. All children in ELC settings need regular healthy meals, snacks and drinks to help develop their health and well-being. Through sharing a positive food experience with other children, language and social skills can be developed. It is important for staff to consider the individual and cultural needs of any children in their care.

### **Menu Planning**

Old Rayne Playgroup will ensure that a well balanced, healthy and nutritious snack is provided for all children. When planning a menu, staff will consider the individual choice of the children, their nutritional needs, any allergies they may have and their cultural background. (An allergen declaration chart will be updated weekly and displayed inside kitchen cupboard for easy access for sharing with parents /carers if required).

The planned menu will ensure children experience a wide variety of food options from the different food groups and by using visual aids for children to make informed choices. This menu will be displayed on the notice board on a weekly basis. All snacks will include a choice of fresh fruit and vegetables, milk and water. Water will be available to all children throughout the session.

Guidance will be taken from 'Setting the Table, Nutritional Guidance and Food Standards for early years childcare providers in Scotland (NHS Scotland 2015).

### **Storage**

All snack items will be stored appropriately, and any items stored in the refrigerator will be stacked to allow air to circulate around item. Records of fridge temperature will be recorded daily on the Fridge/Freezer Log. During serving times, any items which should be refrigerated will be kept there when not being served directly to the children.

### **Environment**

The snack area will be prepared as per stated in the Infection Control Procedure. The snack table is open for 10.30-11.30am and children can choose when they come to snack. This provides the opportunity for children to enjoy their snack when they feel they are ready to have a break. On occasions; such as outdoor sessions, or special occasions, we will have an altogether snack. Children are encouraged by staff to treat snack as a positive social interaction with each other and with the designated staff member. Children's independence skills are encouraged throughout the snack routine, from

registering, choosing their cup and plate, pouring their drink, choosing the fruit or vegetables they like and by using utensils if applicable. Support is given to children who require it and all children are encouraged to try small quantities of all types of foods unless on a special diet or for cultural reasons. The staff are aware that each individual child will eat at different rates and allow time for all children to finish their snack fully.

If a child does not want to eat snack or shows signs of distress the food is removed, without fuss, after a reasonable time. Relevant information regarding the child's eating habits should be recorded and parents should be informed.

Staff should ensure a consistent approach in relation to children's eating habits and offer praise and encouragement whenever possible. Through play positive attitudes to healthy eating should be developed.

### **Partnership with Families**

The setting will work in partnership with parents and any other relevant agencies in their community to promote healthy eating. The weekly menu will be displayed on the group's notice board allowing parents to view with their children.

### **Staff Development**

The preparation and handling of food should be carried out by competent staff that has sufficient knowledge to ensure food is safe to eat. All staff will undertake current food safety and hygiene course and refresh their learning every 3 yearly.