

October 2018

Healthy Eating Policy VS 5.0



**ST PIUS X PREPARATORY
SCHOOL & OAK HOUSE
NURSERY**

HEALTHY EATING POLICY

OCTOBER 2018

VERSION 5.0

HEALTHY EATING

Policy statement

Our provision regards snack and meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies. (See the Managing Children who are Sick, Infectious or with Allergies Policy.)
- We record information about each child's dietary needs in the Registration Form and parents sign the form to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs – including any allergies - are up-to-date.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. All classrooms have an up to date record of all children's dietary requirements.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- We plan menus in advance.
- We display the menus of meals/snacks for parents to view.
- We provide nutritious food for all meals and snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include a variety of foods from the four main food groups:
 - meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starch vegetables; and
 - fruit and vegetables.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provision of food and drinks.
- We provide a vegetarian alternative on days when meat or fish are offered.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.

- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- In accordance with parents' wishes, we offer children arriving early in the morning, and/or staying late, an appropriate meal or snack.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, we provide whole pasteurised milk.
- All food is prepared by a qualified chef who has specialist knowledge about nutrition and safe food preparation.
- Foods containing too much fat and sugar are generally avoided, with the exception of special occasions such as Birthdays and Religious Festivals where treats are permitted.
- Alongside a healthy balanced diet, Oak House Nursery encourages children to be physically active and to take part in a variety of physically challenging activities.

Packed lunches

Where we cannot provide cooked meals such as trips out, we:

- ensure perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
- Practitioners work with parents to encourage healthy eating and lifestyles and if necessary involve Dieticians and Health Visitors.

Our ethos is to foster a healthy approach to diet and lifestyle and we do this through daily routines, specific activities and by providing good role-models. Children are encouraged to develop independence by making healthy choices and to satisfy their own needs for food and drink.

ANNUAL REVIEW

The Governing Body will review this policy statement annually and update, modify or amend it as it considers necessary to ensure the policy meets the needs of St. Pius X Preparatory School.

SignedDate (Chair of Governors)

October 2018

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SignedDate (Head teacher)

COMPILED APPROVED REVIEWED REVISED	VERSION	DATE	EDITOR
Compiled	2.0	September 2015	EYFS STAFF
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Revised	5.0	October 2018	VMiller