



Little Swans Healthy Eating Policy

Policy Reviewed September 2014 in agreement with Samantha Tranter, Nursery Manager and Attya Shahin, Healthy Eating Coordinator

Nursery Cook

Julie Fallows (NVQ Level Two in Hospitality And Catering & NVQ Level Two in Customer Services)

Healthy Eating Coordinator

Attya Shahin (Room Supervisor)

All food provided whilst in our care will contribute to an enjoyable healthy balanced diet that meets children's individual needs.

Aims: At Little Swans Day Nursery, we aim to implement a whole setting approach to healthy eating in order to improve the health of children and their families. We will equip our children with the knowledge, understanding and skills that enable them to make choices that lead to a healthy lifestyle. These formative years are an important time to shape food preferences and habits, by allowing children to make their own selection through guided choice, this can have a positive on health in later life.

In our setting children will be provided with a range of opportunities to learn about food, we will work in partnership with parents/ carers and other professionals to promote healthier lifestyles and extend staffs knowledge.

- A senior member of staff will oversee all aspects of food in the setting and work alongside the nursery cook. The named healthy eating coordinator is **Attya Shahin**.
- **Samantha and Mrs Boulton (nursery manager) are trained in basic nutrition** and all staff holds a Food Safety and Hygiene Certificate.
- **Samantha Tranter and Attya Shahin are trained in weaning for children under the age of 12 months.**
- Lunch and Tea are prepared freshly daily by our cook who has attended a food and Nutrition Early Years course. In her absence the Nursery Manager or Owner who have also attended the courses prepares and cooks the children's food.

- Staff are given ongoing training regarding food hygiene matters and at the point of employment and during their induction. Staff training to obtain a food safety level 2 certificate.
- The food provided will reflect the diversity of the community, which the setting serves.

Allergies:

Little Swans will obtain and record the necessary information from parents/carers regarding any ethnic, cultural or special dietary requirements, preferences or food allergies in advance of the child starting at the nursery. This will be reviewed during attendance at the nursery.

- As part of the induction to the setting, parents will be asked to share information on their child's dietary requirements and allergies.
- Information will be used to plan for each child's individual dietary provision.
- Adaptations for children with dietary requirements and allergies will be made on the menus and given to the nursery cook, **Julie Fallows**.
- We will communicate with parent/carers regarding any changes affecting their child's diet.
- Children's dietary requirements and allergies are displayed in all of the children's areas to ensure staff are aware of their individual requirements and are reviewed regularly, alongside parent/carers and health professionals; where appropriate.
- Whole nuts will not be served due to the risk of choking.

Nutrition

Little Swans will provide healthy, balanced and nutritious meals, snacks and drinks.

- Foods from the four main food groups will be offered every day (starchy, carbohydrates, fruit and vegetables, milk and dairy foods and proteins).
- Bread, other cereals and potatoes
- Fruit and Vegetables
- Milk and dairy foods
- Meat, fish and alternatives
- When adapting or changing menus children's food choices will be taken into consideration, as well as consultations with parent/carers.
- Food containing added sugar will be confined to meal times to reduce the risk of dental decay.
- Salt will not be used in any cooking at the setting and it will not be provided at the table.
- Our weekly menu will be on displayed in each area of the nursery
- Foods high in fat, salt and sugar will be limited in line with the current healthy eating guidelines for the age group of the children concerned.
- Children will be offered breakfast on arrival at the setting between the times of 8.10am –9am. A choice of cereals will be given from 8.10am until 8.30pm as well as toast. Cereals are non-sugared coated. After 8.30am toast will be offered but not cereals.
- Our weekly menu will provide each full time (7.30 -6pm) child with 5 portions of fruit and vegetables each day whilst they are in our care.

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- All dairy products will be full fat, unless stated otherwise in health and government guidance.

Drinks

- Drinking water will be available at all times. From age 2 years the children will bring their own water bottle into nursery, every day and it will be filled and available to them at all times.
- We do not encourage any child over the age of two years to have a drinks bottle filled with juice or any other alternative to water.
- Milk will be served with either morning or afternoon snacks, according to the daily routine each day.
- Non-valve free flowing beakers and whenever possible un-lidded cups will be used for all drinks to protect children's teeth.
- Children aged between 1 and 2 will be given whole cow's milk, those over the aged of 2 will be offered semi skimmed milk.

Snacks

- Snacks are offered between meals to ensure children receive appropriate levels of energy and nutrition for example at mid-morning and mid-afternoon.
- Snacks are a selection of fresh and dried fruits

Environment

- The eating environment will be comfortable and relaxed and the children will be given plenty of time to eat.
- Practitioners may sit with children at meal times and will encourage good table manners and social eating skills.
- Preschool children are encouraged to serve their own meals at breakfast and lunch time.
- Fussy eaters are encouraged and not forced to eat. Praise will be given when the child eats; food is removed without judgement if the child refuses food.
- If a child refuses the main course a portion of desert will still be offered. If children are hungry later on an alternative will be offered by staff members.
- At tea time children in preschool make their own tea e.g. sandwich fillings.

Outings

- If the event of children taking part in outings, parents will be asked to provide a packed lunch. We encourage parents to provide their child with a healthy balanced lunch that is stored in an appropriate container.

Celebrations and Rewards

- Children will be rewarded without the use of confectionary or other foods e.g. praising children, stickers, reward charts and certificates
- Little Swans will encourage staff to be innovative in the way birthdays and festivals are celebrated e.g. without the use of foods high in sugar and added salt
- Where birthday cakes are brought into the nursery they will take into account possible allergies/special diets of other children and will be eating at mealtimes.

- Parent/carers will be consulted over appropriate ways to celebrate ethnic/cultural and religious occasions.

Under 12 months/Weaning

The Department of Health recommend babies should not be weaned until around 6 months and that solid food should never be introduced before 4 months (17 weeks) of age.

- The department of health currently recommends that infants under 6 months of age will not be given: foods containing gluten, eggs, fish, shell fish, liver, nuts and seeds, soft or unpasteurised cheese, low fat foods, honey, sugar and salt.
- All parents of children under the age of 12 months are provided with a weaning fact sheet as part of their home visit packs
- Pre Term babies need special consideration and advice should be sought by parent/carers from the health visitor/medical team/dietician who are caring for them.
- Children under the age of 12 months have their meals, snacks drinks provided from home in consultation with nursery staff in Jelly Babies
- We do not promote juice in the baby room, however will follow the wishes of the parent/carers
- Staff will inform parents/carers of good practice guidance regarding weaning and oral care
- All parents/carers are informed of the process during the settling in stages and at registration
- Parents/carers must label their child's food/drinks clearly with the following information:
 - Child's name; First and last
 - Date food/drink was prepared
- Staff will consult with parents during the weaning process, providing advice where necessary to support parents/carers

Top Tips for Good Practice

- At Little Swans we use individual labelled place mats for each child
- We use child size cutlery and plates
- Involve children in table setting and clearing away after meals
- Mealtimes are used as an opportunity for children to learn about healthy eating and socialising.

This policy was reviewed by Attya Shahin, Healthy Eating Coordinator and Samantha Tranter Nursery Manager

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