



## Healthy Eating – Policy and Practice

St. Paul's preschool promotes healthy eating for children and adults learning and working in the preschool. This is achieved in the following ways:

### Aims

We aim to provide children with a solid foundation of knowledge about food and healthy eating behaviour that they can continue to build on for the rest of their lives. We also aim to meet their individual nutritional needs and encourage healthy and balanced nutritional habits.

Our Healthy Eating Champions for the setting are Sandra Morahan and Helen Taylor-Hollis. They are both trained in Healthier Foods and Special Diets Level 2.

### Rationale

A healthy, balanced and nutritional diet has been shown to have a dramatically positive effect on the growth and development of children. This includes better educational and health outcomes and improved concentration. We intend to give the children in our care the best possible start in life and to meet the EYFS standards concerning the Healthy Child Programme.

### Environmental Health

We are registered with Environmental Health and are subject to regular inspection. We currently have a 5\* food rating.

### Food and drink provision

- All children bring in food from home for lunch. The food is stored until lunchtime and then provided to the children.
- Children should not bring in any other drinks apart from water and milk.
- The setting provides appropriate food and drinks at snack time. A Snack Menu is displayed for parents and families to see.
- We have regard to the EU Food Information for Consumer Regulation (EU FIC). Food Allergy information is shared with parents via the parent notice board.
- Fresh drinking water is available to the children on demand.
- We will notify Ofsted of any food poisoning affecting two or more children cared for on the premises. Notification will be made as soon as is reasonably practicable, but in any event within 14 days of the incident.

**HEALTHY EATING AND REGULAR EXERCISE IN THE YOUNG**

## Communication with children and families

- Opportunities are taken as and when appropriate to encourage parents to consider healthy eating. We produce a regular HEARTY Newsletter which talks about various aspects of healthy eating for young children and their families.
- We encourage parents to disclose any special dietary requirements to staff (religious/cultural preferences, allergies and intolerances to food).
- When parents communicate a special dietary need, any special dietary requirements will be recorded by staff in the child's personal record and staff preparing food for that child should be made aware.
- Parents are encouraged to send in a small toilet bag with tooth brush and tooth paste for their child, particularly those children who stay for lunch. This is a message included within our termly newsletters.

## The eating environment

- The eating environment will be clean and tidy and prepared for food consumption.
- We will wear protective clothing, i.e. aprons, hairnets and gloves, whilst preparing food.
- We will provide a warm social atmosphere during meals times.
- We will encourage good manners and good hygiene practices (i.e. good hand washing technique before meals).
- We will provide appropriate utensils where required to facilitate the eating of food (i.e. bowls, plates, spoons, etc).
- We will assist children when necessary with eating (i.e. to help open packaging, cut up food).
- Children are supervised and encouraged to sit to eat rather than walk or run with food.
- Tea towels will be kept scrupulously clean and washed between sessions.
- All utensils will be kept clean and stored in a dust-free place, eg closed cupboard or drawer.
- Staff members sit with the children during snack time and lunch club and model positive eating behaviours in a relaxed and social environment.

## Special diets

- We aim to facilitate the individual needs of children from different religious and cultural backgrounds and record these requirements in the child's records.
- Children with allergies to foods will be recorded in the child's notes and supervisors will ensure that children do not come into deliberate contact with the allergen.
- Children with severe allergies to food will require that the offending food type is not prepared or stored in the same area as their food. Special care should be taken to avoid using the food that triggers an allergic response in group cooking or other activities.
- Slow eaters should be gently encouraged and given appropriate time to finish eating.
- All staff providing food to this group should be made aware of any child's special requirements.
- For children who may be fussy eaters and maybe sensitive towards food, staff will liaise with parents and health visitors to provide strategies for support.

## Staff

The pre-school will observe current legislation regarding food hygiene, registration and training. In particular, each

adult will:

- Always wash hands under running water before handling food and after using the toilet. Not be involved with the preparation of food if suffering from any infectious/contagious illness or skin trouble.
- Never cough or sneeze over food.
- Use different cleaning cloths for kitchen and toilet areas.
- Prepare raw and cooked food in separate areas.
- Keep food covered and either refrigerated or piping hot.
- Ensure waste is disposed of properly and out of reach of the children. Keep a lid on the dustbin and wash hands after using it.
- Wash fresh fruits and vegetables thoroughly before use.

### Children

- Children will be encouraged to learn about food, where it comes from and how it is processed along with what is and isn't healthy.
- Good hygiene (including hand washing) will be promoted.
- Children will not be permitted to use sharp or otherwise dangerous objects/utensils.
- Children will be supervised at all times near and around cooking equipment.
- The setting ensures food is not promoted as a reward.

### Sustainability

- We aim to reduce food waste where possible.
- Encourage understanding of the source, transport, storage and processing of food.

### References:

1. Children's Food Trust (2012), Voluntary Food and Drink Guidelines for Early Years Settings in England - A Practical Guide [http://www.childrensfoodtrust.org.uk/assets/eat-better-startbetter/CFT%20Early%20Years%20Guide\\_Interactive\\_Sept%2012.pdf](http://www.childrensfoodtrust.org.uk/assets/eat-better-startbetter/CFT%20Early%20Years%20Guide_Interactive_Sept%2012.pdf) (Accessed: 08/05/2013)
2. Department for Education (2012) Statutory framework for the early years foundation stage. Setting the standards for learning, development and care for children from birth to five. <http://www.education.gov.uk/schools/teachingandlearning/curriculum/a0068102/early-yearsfoundation-stage-eyfs> Department for Education: London. (Accessed: 08/05/2013)
3. Department for Education and Skills (2005), Healthy school lunches for pupils in nursery schools/units Guidance for school caterers on implementing national nutritional standards <http://webarchive.nationalarchives.gov.uk/20130401151715/https://www.education.gov.uk/publications/eOrderingDownload/0314-2000.pdf> (Accessed: 08/05/2013)
4. Nicholas, J, Stevens, L, Briggs, L, Wood, L (2013) Pre-school food survey <http://www.childrensfoodtrust.org.uk/assets/research-reports/Preschool%20food%20survey%20report%20-%20final.pdf> Children's Food Trust: London (Accessed 08/05/2013)

|  |  |
|--|--|
| Approval by the Management Committee:                |  |
| Signed:  |  |
| Chair:   |  |
| Date:  |  |
| The next review by the Management Committee will be: |  |

**HEALTHY EATING AND REGULAR EXERCISE IN THE YOUNG**