Easebourne Nursery

Healthy Eating Policy and Procedures

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HEALTHY EATING POLICY and PROCEDURES

We will ensure that all children are encouraged to eat, choose and enjoy 'healthy' food, helping them to keep fit and healthy. Through our activities, children are encouraged to think about their bodies, healthy practices with regard to hygiene, how their bodies work and what they need to function effectively, which foods are good for them and will keep them happy and healthy now and in the future.

We will ensure that:

- water is freely available for all children to access when they want it.
- children are involved in the preparation of snack and choosing what they want.
- during snack time, children are offered either water or milk to drink and a selection of healthy snacks, e.g. fruit, vegetables, malt loaf, breadsticks.
- advice is available to parents/guardians with regard to their child's packed lunch.
- any specific dietary or cultural preferences are accommodated.
- children are supervised during Lunch Club and help is given when requested.
- food will be served to the appropriate consistency for the individual child (liquidised, mashed, chopped roughly) to reduce the risk of choking.
- children eat their lunch appropriately starting with sandwiches or savoury items.
- any uneaten items are repacked into the child's lunchbox so that parents/guardians can see what has/hasn't been eaten.

- any concerns regarding a child's eating or appetite are reported back to the child's parents/guardians.

Exceptions may be made when:
- we are celebrating a cultural festival, e.g. Diwali, Chinese New Year, Christmas or Easter time, where food types involved may be varied.
- parents/guardians wish to send in a cake or biscuits to celebrate their child's birthday with their friends.

We advise parents to:
- clearly name their child's lunchbox.
- include an ice pack in their child's lunchbox during warm weather.
- provide their child with a water bottle to keep at Nursery, these will be washed daily and filled with fresh tap water.
- provide their child with a drink in their lunchbox (non-carbonated).
- not include sweets or chocolate bars in their child's lunchbox.
- acknowledge & follow our 'Nut-Free Policy'.

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