



Policy Document for Little Stars Day Nursery Healthy Eating Policy

Change Control

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Healthy Eating Policy

Little Stars Day Nursery are committed to meeting the EYFS Safeguarding and Welfare Requirements and the individual needs of children attending.

We aim to do this by:

- Discussing with parents on their child's entry to the setting their individual dietary needs, any allergies or intolerances and any religious requirements. Discussing with parents on a regular basis their child's needs and updating records accordingly
- Recording information about individual children and ensuring that all staff are aware of those needs.
- Providing nutritious meals and snacks using fresh produce. All of our snacks are either fresh fruit, cheese or breadsticks. Our meals are made over at the main Institute in a controlled area and delivered to nursery for lunch time. Our menus can be viewed within the main reception area and our website. Throughout our day at nursery we incorporate at least 5 portions of fruit and vegetables.
- Providing fresh drinking water that is available at all times from dispensers within the rooms. If parents want their child to have juice we reiterate that it will need to be weak to promote oral health and explain the need for less sugar, even sugar free drinks due to the effects of sugar on children's teeth. Parents would need to provide their own juice.
- Ensuring that where children bring packed lunches parents are aware of the need to provide healthy foods and help them with ideas if parents ask or if we feel they made need to ideas.
- Ensuring that children are offered food and snacks according to parents' wishes (within reason), cultural and medical requirements and individual needs. This is sent to the refectory weekly and all prepared and labelled up according to their dietary requirements.
- Informing parents of the storage facilities for food and drinks.
- Providing parents of children under the age of 2 years with written daily information regarding food and drink intake.
- Ensuring that children are offered age appropriate utensils.
- Providing meal times that are a social time where children feel comfortable, staff participate, and independence is encouraged.

- By recognising that “Children start learning about food at a very early age. The messages they receive during this time lay the foundations for the choices they make about food as they move up to school and beyond.” (quote from the Children Food Trust) Making every effort to help educate the children and parents about the importance of a healthy balanced diet, and the importance of a healthy lifestyle through a variety of opportunities and activities
- Working with required agencies to ensure all requirements are met with regard to the handling and preparation of food.
- Taking into consideration; cultural, religious and other dietary requirements when planning our menus, and by working in close partnership with parent/carers we will ensure that we meet their child’s particular needs. This will also provide us with a valuable opportunity to introduce all of the children that attend our setting to different cultural food types.

Food and Drink Preparation

All Staff at Little Stars Day Nursery have a duty and responsibility for the correct maintenance of food and drink preparation areas;

- All staff involved in preparing and handling food must receive training in food hygiene (3.49)
- The management team will be confident that those responsible for preparing and handling food are competent to do so.
- Surfaces will be cleaned before and after any food/drink preparation.
- Suitable sterilisation equipment will be provided to support the needs of safe food preparation for babies.
- Food and drink preparation areas will be used solely for that purpose.
- Faults and breakages will be reported to the Manager.
- Equipment will be checked regularly.
- The setting will be registered with and hold the required Environmental Health Certificate.
- Fridge and Freezer will be recorded on a daily basis.

- To manage food allergies staff will read food labels and avoid cross contamination.
- Hot food will be probed and temperatures recorded on a daily basis.

If in the unlikely event, that food poisoning occurs affecting two or more children looked after on the premises we will notify Ofsted as soon as practically possible but in any event within 14 days of the incident.