****

**High Street, Paulerspury, Towcester NN12 7NA**

**Telephone: 07851 296392 (during preschool hours)**

**Registered Charity Number: 1158601 Ofsted No: EY485006**

**Healthy Eating Policy**

**Policy statement**

We regard 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. We promote healthy eating through a variety of activities and topics throughout the year. At snack and meal times, we ask parents to provide nutritious foods, which meet the children's individual dietary needs.

**Procedures**

We endeavour to ensure the following to promote healthy eating in the Pre-school:

* 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, including ARFID, in the Registration Form and parents sign the form to signify that it is correct.
* We ask parents to provide a ‘healthy’ snack for their child to eat at snack times, such as fruit or yogurt. This should not be food recognised as ‘sweets’ or a chocolate bar. Though we acknowledge that some snacks may include an element of chocolate, for example, chocolate chip cookies, we encourage these snacks to be kept to a minimum. This follows the government guidelines for ‘snack’ healthy eating for children of pre-school age and is seen as ‘best practice’.
* Food allergies and cultural needs will be made known to all relevant staff and they will be respected at all times.
* We are especially vigilant of any allergens where we have a child who has a known allergy. We are particularly aware of nuts in products, and the choking hazard that these may present.
* We ask that no whole or chopped nuts be provided for their child in their lunchbox. If they are found to be included the nuts will be removed and sent home.
* We ask that grapes and small food items, such as cherry tomatoes, are cut in half long-ways to reduce the risk of choking.
* Parents are made aware of these choking risks to minimise the dangers, for example in lunchboxes or for food brought to a party.
* In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
* Children will be encouraged, but never forced, to try foods that are new to them.
* Drinking water will be freely available at all times throughout the session.
* If a child is not eating or drinking well we will inform the parent/carer and work together to devise a strategy to try to resolve this.
* Snack time will be viewed as a social time and children will sit with other children and a member of staff will be there to model behaviours and encourage the children as they eat. We place high importance of the social aspect of this time as for some children this will be the only time they sit and eat with others.
* Children at the pre-school will be encouraged to be independent. They will be encouraged to open their own packaging and tidy away when they are finished. However, help will be given to anyone who needs it.
* Children in the pre-school will initially be given more assistance but will become more independent as they mature.
* Good manners will be encouraged at all times.

**Fussy/faddy eating**

* Children who are showing signs of ‘fussy or faddy eating’ are not forced to eat anything they do not want to.
* Staff recognise the signs that a child has had enough and remove uneaten food without comment.
* Children are not made to stay at the table after others have left if they refuse to eat certain items of food.
* Staff work in partnership with parents to support them with children who are showing signs of ‘faddy or fussy eating’ and sign post them to further advice, for example, How to Manage Simple Faddy Eating in Toddlers (Infant & Toddler Forum) <https://infantandtoddlerforum.org/health-and-childcare-professionals/factsheets/>

|  |  |  |
| --- | --- | --- |
| This policy was adopted by |  | *(name of provider)* |
| On |  | *(date)* |
| Date to be reviewed |  | *(date)* |
| Signed on behalf of the provider |  |
| Name of signatory |  |
| Role of signatory (e.g. chair, director or owner) |  |