

**Policies and Procedures**

**3 Food safety and nutrition**

**3.5 Healthy Eating Policy**At Mansbridge Community Pre-School we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering children healthy, nutritious snacks which meet individual needs and requirements as well as HEYA (healthy early years award) criteria. The HEYA allows us to create a healthier environment for children by meeting standards on good quality nutrition. It also improves outcomes for children through healthy eating.

As a part of this HEYA we are actively promoting healthy eating, we will provide you with a daily menu of what your child was offered at Pre-school during snack time. This menu will include foods that avoid large quantities of fat, sugar, salt and artificial additives, preservatives and colourings, as well as taking into account portion sizes appropriate for their age. For more information on portion sizes please go to <https://infantandtoddlerforum.org/media/upload/pdf-downloads/1.3_-_Portion_Sizes_for_Children_1-4_Years.pdf>

We have a healthy eating lunch box guideline that all parents/carers must adhere to and ask that the lunch you provide for your child reflects this.

Therefore, there should NOT be any fizzy drinks, milkshakes, sweets, chocolate bars, cakes, chocolate yogurts, chocolate/biscoff spread or cereal bars. You should also try and follow the guidance about food items from each of the food groups.

We also are aware of any dietary and/or allergies for individual children and to ensure these are catered for, we ask that NO NUTS are put into lunch boxes. This includes nut snack boxes, peanut butter sandwiches, and nutella sandwiches.

To help with portion sizes we would ask that only a MAXIUM of 5 items are in your child’s lunch box.

We reserve the right to send home any of these unwanted food items with a note explaining why.

We are able to offer advice regarding what to put into a healthy lunch box, should this be required. We also recommend looking at our lunch box guidelines as well this website for ideas too.

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids> https://www.bristolearlyyears.org.uk/wp-content/uploads/2019/01/Mix-Up-and-Munch-1-4-Years.pdf

We will ensure that:

* Balanced and healthy two daily snacks are provided for children attending a full day at the Pre-school and one snack for morning or afternoon children.
* Parents are encouraged to provide their children with healthy eating lunch boxes, we have a healthy lunch box guideline for parents and we will send home foods that don’t meet this.
* Menus are posted daily on Famly, are rotated regularly and reflect cultural diversity and variation.
* We provide nutritious food at all snack times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings.
* Fresh drinking water is always available and accessible to children in their own water bottle. In hot weather staff will encourage children to drink more water to keep them hydrated
* Individual dietary requirements are respected. We gather information from parents regarding their children’s dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child starts or joins the pre-school. Where appropriate, we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child.
* We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate, an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods.
* Staff show sensitivity in providing for children’s diets and allergies. They do not use a child’s diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
* Snack times are organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged.
* Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves.
* Staff support children to make healthy choices and understand the need for healthy eating.
* Cultural differences in eating habits are respected.
* Any child who shows signs of distress at being faced with a snack he/she does not like will have his/her food removed without any fuss.
* Children not on special diets are encouraged to eat a small piece of everything.
* Children are given time to eat at their own pace and not rushed.
* Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for young children.
* We promote positive attitudes to healthy eating through play opportunities and discussions.
* No child is ever left alone when eating/drinking to minimise the risk of choking.
* We do not allow cakes or sweets to be brought into the setting to celebrate children’s birthdays.
* All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years.
* In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.
* Staff Model healthy eating behaviours by joining in with snack time, eating the same foods as the children while encouraging children to try new healthy snacks. Staff do not eat or drink anything that does not meet the HEYA criteria in the presence of children.
* New staff will be given a copy of this policy and guidance about our policy during induction.  
  **Updated 14/05/2024 by S.King Review date: 14/05/2025**