



Healthy Eating Policy

Purpose of the policy

To provide a healthy and nutritious meal for all children at Snuggle Bunnies Childcare (Nursery). We follow the **(Nutritional Guidance and Food Standards for Early Years Childcare Providers in England 2010-2015) Published by Gov.uk** and will be providing snacks such as fresh healthy foods (fruit and vegetables) for all children at the setting (Before and after school care).

How the policy is implemented

Mealtimes should be a social learning time, when children and adults can sit down with friends quietly and occasionally talk about the foods they are eating together. Good examples of table manners and good behaviour is demonstrated by members of staff sitting with small group of children. Children are encouraged to try new things and learn about healthy eating.

All snacks including fresh water will be provided by Snuggle Bunnies Childcare team and included in the fees.

All food is nutritionally balanced and freshly prepared daily at The Kidz Clean Kitchen daily. Menus are provided each term. Water, fresh fruit, and vegetables are always available. Salt, sugar, and additives are kept to a bare minimum as we are a healthy eating provider. At least three portions of fruit and vegetables are on offer each day.

We encourage children to drink water throughout the day to keep hydrated. Milk is available at breakfast and morning snack time as well as water with meals. We also encourage parents/carers to bring a water bottle each day which children can access whenever they want to, we also have water in a jug situated in all rooms, which the children can access daily.

All dietary requirements are catered for and weaning programs are followed in line with parent's wishes and Health Authority Guidelines. Lunch and tea meals will be provided by The Kidz Clean Kitchen.

Allergies / Dietary requirements

If you are aware that your child has an allergy/dietary requirement to certain foods or food product, please ensure that you inform staff, and the information is added onto your child's individual care plan. It is important that you tell us no matter how minor or severe the allergy is.

A list of children with allergies is kept in the area they eat. All children have their own allergy placemats for breakfast, snack, lunch and tea times detailing any allergy, dietary requirements with the child's name and photo so that all staff are fully aware.

As some children have known allergies, we kindly request that parents do not bring in food from home unless this has been agreed by the childminder of the setting. Any products which are taken in to share with the children (such as a birthday cake) we would suggest bringing in your child's favourite storybook labelled with your child's name on it. We can celebrate this occasion as a focus in the afternoon and read your child's favourite story with everyone and sing Happy Birthday.

PLEASE DO NOT BRING IN CAKES.

Last Updated/Reviewed On:	SIGNITURE
10/03/2020	C.MORGAN
26/03/2021	C. Morgan