

EYFS HEALTHY EATING POLICY

Introduction

The Baird Primary Academy seeks to promote and support the health and wellbeing of families, staff and volunteers through healthy eating. We recognise that children under the age of 5 years have different nutritional needs from those of older children or adults. They have a high energy and nutrient requirement in relation to their size. Early Years is an important time to shape food preferences and habits, by allowing children to make their own selections through guided choice – this can have a positive impact on health in later life. This policy covers general nutritional guidance – children with individual needs will be dealt with on an individual basis. Parents / carers who have concerns will be advised to discuss these with their Health Visitor or GP, and to pass advice to the academy.

Aims

- To ensure that EYFS at The Baird Primary Academy promotes healthy eating for the health and wellbeing of children, families, staff and volunteers
- To enable children, families, staff and volunteers to understand the importance of healthy eating, through the provision of information and the development of appropriate skills and attitudes
- To provide and promote opportunities for children, families, staff and volunteers to understand the importance of healthy eating
- To promote a positive ethos in regard to healthy eating for all, taking into account individual needs and cultural diversities

Implementation

To achieve these aims, we will:

- ensure that those responsible for food preparation and handling food are competent to do so and trained to the appropriate standard for food handling / hygiene / safety – all staff in the Nursery and at least one member of the Reception team will have certified food hygiene training.
- provide information for parents / carers regarding food and drinks provided in the setting. Menus will be displayed for parents / carers to see
- encourage staff to be good role models for healthy eating and drinking by asking that they only drink water and eat the healthy snacks provided for the children while in the setting
- support families to gain an understanding of healthy eating through discussion, menu sharing, handouts, recipes and home learning ideas through Nursery Newsletters and Weekly Updates
- encourage children and their families to understand the importance of food hygiene procedures when eating and handling food through good modelling within the setting during daily routines and 'stay and play' events

- encourage and support children to make healthy food choices and understand their bodies needs through: providing healthy, balanced and nutritious meals, snacks and drinks which have been nutritionally analysed to provide a healthy balanced choice across the week; providing a variety of healthy food choices; encouraging (but not forcing) pupils to try new things; praising children for trying new things; and learning about healthy eating
- offer food from the main four food groups every day (starchy carbohydrates, fruit and vegetables, milk / dairy products and proteins)
- limit access to foods containing any salt
- support staff in feeling confident to advise families on healthy eating strategies through ongoing CPD
- ensure staff have relevant information to signpost families to resources that support their understanding of healthy eating through regular CPD
- support staff as required to develop skills and knowledge to develop healthy eating projects through regular CPD
- provide access to drinking water for children, families, volunteers and staff at all times
- use eating as an opportunity to encourage children to learn about, and try new skills: developing their social skills
- provide a snack bar to encourage independence and allow the children to have a snack or drink at a time and pace appropriate to their needs
- provide parents with information about what should be included in healthy lunch boxes. The quality of lunch boxes will be monitored and advice will be provided for parents accordingly.
- provide information to pupils and parents on dental hygiene and the importance of only eating foods with added sugar at mealtimes to reduce the risk of dental decay
- provide children with enough time to finish their meals
- provide children with the appropriate utensils and crockery to eat their meal, and provide support where necessary
- encourage parents to provide healthy alternative to cakes, biscuits or sweets when celebrating a birthday or festival
- provide opportunities for cooking of healthy snacks for pupils and parents. This could happen during the school day, 'stay and play' events and recipes and samples will be sent home

Equal Opportunities

To ensure that all pupils' needs, preferences and specific dietary requirements are catered for, we will:

- ensure that we are aware of children with needs, allergies, dietary needs or cultural and religious diets and these are noted
- support children who have needs, allergies, dietary needs or cultural and religious diets. This will be labelled clearly
- allow children to eat with their fingers when it is developmentally appropriate or part of their culture

Health and Safety

The EYFS staff will obtain and record necessary information from any parents / carers regarding any special dietary requirements, preferences or food allergies before the children start. These will be displayed in the setting appropriately to ensure that all staff are aware. In addition, risk assessments and care plans will be created where appropriate.

To ensure the health and safety of the children, we will:

- Not use nuts in meals provided on the site, however we cannot guarantee an environment free from any food product including nuts. Therefore, where staff are aware of nut allergies, a risk assessment would be written and appropriate action taken to address this.
- ensure all staff who handle food products have a certificate in Food Safety and adhere to Food Safety Practices

Policy adopted on: 3rd January 2019

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Policy reviewed (date): 3rd January 2020