**Healthy Eating Policy**

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**Food and drink**

All snacks provided at the nursery are nutritious, avoiding large quantities of sugar, salt, saturated fats, additives, preservatives and colourings. Menus are planned in advance and food offered is fresh, wholesome and balanced. We offer a balance and variety of snacks to provide a range of cultural and nutritious experiences for the children.

**Availability of water**

We have fresh drinking water readily available for children and staff

We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

**Food hygiene**

The kitchen facilities at the nursery are inspected in relation to the Food Safety Act. The nursery adheres to the recommended guidelines and good practices for the preparation and storage of food. Staff directly involved in cooking and the preparation of food in the nursery, have successfully completed a Food Hygiene Course.

**Social skills**

Meals can be times of pleasant social sharing and a great opportunity for children and staff to eat and drink together. This provides an opportunity for children to learn good social skills and behaviour associated with eating and drinking. This also enables staff to monitor healthy eating. Staff keep a discreet eye on those who appear not to be eating well and positive encouragement and peer support is used to encourage poor eaters to make healthy choices. Healthy eating suggestions from parents that will help us expand and improve our selection of recipe ideas are very welcome.

**Special dietary needs and food allergies**

We are sensitive to the catering needs of children with specific dietary needs, including religious considerations. Parents will be asked about any special dietary requirements their child has in their ‘All about me’ pack. Parents of children who have special diets (for example a gluten-free diet) or who have food intolerances are responsible for providing the nursery with information about their diet and choices available to the child. We update our records regularly. Menus will be carefully planned and adapted accordingly.