

Early Learning and Childcare

Healthy Eating Procedures and Guidance for Parents and Families

Heathhall Nursery Class

Healthy Eating Policy at Heathhall Nursery.

Eating well is essential for children in their early years.

'If a child receives the right nutrition and care at the start of their lives, they'll grow up healthy and strong – and there's no limit to what they can become.'
(Food Matters 2018)

There are several important reasons why childhood nutrition is so important. Proper nutrition in children:

- Supports children's immune systems
- Establishes healthy eating habits for life
- Provides children with the essential vitamins and minerals they need for physical growth and development
- Promotes healthy brain development
- Helps establish sleep patterns
- Supports wellbeing

Children have a right to 'good quality health care, to clean water and nutritious food....'
Article 24 of the United Nation's Convention on the Rights of the Child

Heathhall Nursery is committed to upholding children's rights and we ensure children in our setting receive the best possible nutrition through snack and mealtime experiences.

In Heathhall Nursery:

- Children are able to choose from a range of nutritious meal options on a daily basis.
- Children receive a portion of fruit or vegetables as part of their healthy snack.
- Cows milk or a suitable alternative and water are served with snacks and meals.
- Fresh drinking water is available at all times.
- Children are encouraged to help plan the snack menu and have opportunities to buy and help prepare some foods.
- Children are able to access snack and meals, during the mealtime period, at a time that suits them.

- Children are supervised and supported when necessary to wash and dry their hands correctly prior to eating meals or snacks or preparing food
- Children are encouraged to develop independence skills e.g. pouring, cutting, and spreading by having an unhurried mealtime experience.
- Children are sensitively encouraged to eat all parts of their meal ensuring it is nutritionally balanced.
- Practitioners sit with children while they eat and provide good role models for healthy eating and respectful interactions.
- We will advise you if your child is not eating well and agree alternative supporting strategies or meal options.
- The weekly menu provides children with a varied, healthy, nutritious diet. Please read the menus and talk about these with your child.
- The weekly snack and lunch menu includes details of the 14 allergens. Please let us know if your child has any allergies, food intolerances or any other special or cultural dietary requirements. This information will be included in your child's Personal Plan so that we get it right for your child and provide them with suitable meals and snacks.
- We can provide advice if you choose to provide from home, including healthy options for packed lunches.
- As part of our healthy approach to food and mealtimes sweets are not provided.
- We respectfully ask you to refrain from sending sweets or cakes to nursery. Birthdays, cultural events will be celebrated in line with our approach to healthy eating.