



Netherlee Nursery Class

Healthy Eating Policy



Introduction

We recognise that the earliest years of life are crucial to a child's development and will have a lasting impact on their health outcomes. The expansion in the annual provision of ELC services from 600 to 1140 hours for all three and four year olds and eligible two year olds in Scotland means many more of our youngest children will be spending more time in these settings. Many children will receive a considerable proportion of their daily nutrition and food experiences here. This means it is even more important that they have high quality food and are enabled to develop a positive relationship with food.

Food Matters (Care Inspectorate, 2018)

Aims

- To provide nutritional and balanced food options to ensure optimal growth and development for children.
- To promote "I have the right to be as healthy as possible" Article 24 United Nations Convention on the Rights of the Child.
- To encourage children to develop a taste for healthy foods.
- To ensure that mealtimes are a relaxed and enjoyable experience where children can socialise with children and adults.
- To help develop the children's skills in independence and food preparation.

Objectives

- To actively encourage children to have a healthy snack at each session.
- To engage in discussion with children about healthy eating.
- To provide a balanced snack and lunch during the child's nursery day.
- To provide support and education (Eatwell Guide) to parents about healthy eating.

Morning Snack

Snack time is an opportunity for children to explore taste and texture of different foods. Children are actively encouraged to help prepare snack as they chop, grate and cook different foods.

- All children are entitled to a serving of fruit and/or vegetables and a portion of milk every day. - Further guidance is available here: <https://www.gov.scot/news/nutritional-support-for-young-children/>
- Children will also be given the opportunity to try new foods as we sample foods from different cultures during cultural celebrations or developing a child's interest.
- Children that cannot drink milk due to allergy, ethical or religious reasons will be offered water.

Lunchtime

Lunchtime is a relaxed experience where children can develop skills as they set the table, serve themselves, pour their own milk/water, talk with friends and adults then tidy their dishes away. Benefits of this type of lunch can be viewed here: https://youtu.be/65byPgp_EyQ (Glen Family Centre - Children's Nutritional Guidance).

Hot Lunch

- East Renfrewshire Council provide a FREE lunch option for the children menu is available here: <https://www.eastrenfrewshire.gov.uk/article/1223/Nursery-lunch-menu>
- After holiday periods on the returning day the menu will revert to Mondays option.
- If the child has any cultural, lifestyle, allergy or dietary requirements parents are required to complete a Meal request Form available from the nursery.

Packed Lunch

- Parents may also provide their child with a packed lunch.
- We recommend a healthy packed lunch is provided. Idea and guidance are available here: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>
- If providing a packed lunch parents are also asked to ensure there is an ice pack in the insulated lunch box to keep the food cool.

Late Snack

- Children with Additional Hours that stay after 4pm will be provided a snack of fruit or snack provided by parent.

Additional Information

- All children have access to fresh water throughout the nursery day.
- Information about snack and lunch times will be shared with parents when their child starts nursery.
- There will be regular reminders about healthy eating through the Nursery Bundle.
- **Netherlee Nursery Class and School are nut free and would ask that parents/carers do not give children anything which contains nuts.**
- If a child has an allergy they will be asked to give details of this. The child's name will then be placed along with their allergy on the 'Medical and Allergy Information' which is accessible to all staff.

- If parents are supplying grapes or cherry tomatoes they should be quartered to prevent choking in line with current guidance from the Royal Society of the Prevention of Accidents (RoSPA)
- The nursery follows the Early Years choking Hazards Food Safety Advice produced by the Food Standards Agency. Available here:
https://www.food.gov.uk/sites/default/files/media/document/Early%20Years%20Choking%20Hazards%20Poster_English.pdf

References

- Eatwell Guide Scotland (2016), NHS Scotland.
- Food Matters (2018) Care Inspectorate
- Setting the Table (2015), NHS Scotland
- Scottish Government (2021), <https://www.gov.scot/publications/milk-healthy-snack-scheme-scotland-regulations-2021-childrens-rights-wellbeing-impact-assessment/#>
- RoSPA (2022) <https://www.rospace.com/>
- Food Standard Agency (2023):
https://www.food.gov.uk/sites/default/files/media/document/Early%20Years%20Choking%20Hazards%20Poster_English.pdf

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