



Cloverbank Nursery Healthy Eating Policy

At Cloverbank Nursery we recognise children under the age of 5 years have different nutritional needs from those of older children and 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 which can have a positive impact on health in later life.

Aims: For all our children to have daily access to a wide variety of healthy food at meal and snack times. A healthy diet is an investment in lifelong health and helps to support best outcomes for children and families. We are respectful of individuals cultural and religious backgrounds, coupled with medically advised dietary requirements. We aim to effectively and successfully implement local and national guidelines.

This policy reflects guidance from the following:

- Health and Social Care Standards (2018)
- Food Matters - Care Inspectorate (2019)
- Setting the Table- NHS Health Scotland (2018)
- Fun First Foods- NHS Health Scotland (2014)
- National Guidance for Early Years (Food choices age 1-5) (2006)

Objectives - Ensure positive meal and snack experiences for all children taking into consideration every child as an individual. Getting it right for every child and how we provide an inclusive service in terms of religious, cultural, additional support and dietary needs.

We will work with children and families to raise awareness of positive food choices and nutritional education to develop positive attitudes towards food through offering diverse and healthy meals and snacks and baking experiences and information to parents and carers.

Our Policy in Practice -

- Milk and water will be provided during meal and snack sessions for children to access independently.
- Our meals & snacks are provided by Glasgow City Councils catering facilitator *CORDIA*.
- Menus are planned taking account of *Nutritional Guidance for Early Years and Setting the Table- Nutritional guidance and food standards for early years childcare providers in Scotland (NHS Health Scotland 2014)*.
- Parent/carers of children who have food allergies are asked to provide written confirmation from their family GP or Dietician. A copy of this information is passed onto *CORDIA* in order for an appropriate menu to be provided. This information alongside a photograph of the individual child, is also contained in our 'Medical/Dietary requirements' information, which is displayed securely for staff information. New staff are advised as part of the induction programme to read and sign this information and familiarise themselves of individuals requirements. Existing staff have responsibility to ensure they check this information on a regular basis, especially when new children join our establishment.
- Families are asked at the enrolment process whether their child has any dietary requirements i.e. vegetarian, Halal etc. This information is recorded and suitable alternatives provided as required. This information is again contained in our 'Medical/Dietary requirements' information, which is displayed securely for staff information.
- Water will be available to our children at all times. Staff may use personal water bottles to promote the regular hydration of our bodies.
- All children are offered a daily choice from the menu provided. A copy of meal/snack menus are displayed in our cloakroom area. Children are involved in the daily presentation of a visual menu and share this with peers. Parents/carers will be made aware of any changes to our menu or systems.
- Portion sizes will be presented following national guidance so as not to overwhelm children.
- Staff will regularly promote good hygiene practices with children from personal care to hand-washing. Positive role modelling from staff will be demonstrated through hand washing procedures, wearing of aprons and sitting with the children, engaging in conversations and reinforcement of good table manners.

- At Cloverbank Nursery, meal/snack times are viewed as valuable, fun, learning experience for our children. Opportunities are utilised from not only a Health & Wellbeing perspective but from a wide range of other curricular areas.
- Mealtimes should be a relaxed occasion, therefore children will be given enough time to enjoy their meals and promote this time as a valuable social experience with both adults and peers.
- Whilst celebrating a variety of multi-cultural festivals throughout the year, children will be offered experiences of tasting and preparing foods from different cultures and countries.
- Special Occasions - We value the importance of celebrating special occasions and birthdays in the nursery. On such occasions we ask you provide a basic, shop bought cake for your child to be shared within their group and any special friends children have at nursery. Unfortunately we are unable to accept/share home baking for Health & Safety reasons.
- 'Childsmile' is a Scotland-wide initiative to help improve the health of our children's teeth through the distribution of free dental packs and supervised tooth brushing programmes. All staff at Cloverbank are trained on the purpose and procedures of this initiative and how to safely deliver the programme with our children.

Parental Involvement:

We welcome the involvement of parent/carers in all aspects of our nursery life. Staff will work closely with families to ensure that healthy eating is promoted as a two way process.

Policy updated: April 2020
Review date: April 2022