

HEALTHY EATING POLICY

Date reviewed: June 2023

Period: June 23 – June 25

Headteacher Signature: Lynsay Falkingham

Chair of Governors Signature: Briony Alder

Review Date: June 25

Lanterns recognises the importance that good nutrition has to a healthy lifestyle and that providing a balanced diet in childhood helps establish healthy eating habits for life. A balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their ability to learn and engage.

By promoting healthy eating patterns, healthier food choices and improving knowledge, Lanterns Nursery School will take a proactive approach to improving the health and well being of local children and families.

To ensure that all aspects of food and drink at Lanterns promote the health and well being of the children, families, staff and visitors, the following standards will be promoted and undertaken.

This policy will cover:-

- Food and drink provision throughout Lanterns Nursery School
- Users and visitors
- Snacking
- Lunch provision
- Education
- Health and safety

Food and drink provision

- Breastfeeding will be promoted at all times and room for privacy will be provided if available
- Water and milk will be the drinks offered to children
- Water will be available at all times
- Milk will be made available and promoted at snack times. (Soya milk is available for those children with dairy intolerance)
- Any snacks made available will be low in sugar, salt and fat
- Fresh food will be used, as opposed to processed food/fast food
- On special occasions and celebrations healthy options will be balanced with less healthy options

- Special dietary or cultural needs of any children will be met and these needs will be identified and made known to all relevant staff
- A range of free flow cups (non-valve) and lidless cups will be promoted
- Sponsorship from fast food outlets or formula feeding companies will not be accepted

Users and visitors

Any users or visitors will be encouraged to adhere to the Healthy Eating Policy

- It is the responsibility of the course/session leader to ensure that any food and drink provided whilst at Lanterns Nursery School adheres to these standards
- Any food supplied from home should adhere to these standards and it is the responsibility of visiting groups to make their clients aware of this
- Families should be discouraged from bringing their own snacks and drinks into the School for consumption whilst attending groups/courses
- Bringing takeaway food to events/groups is not permitted
- Parents/carers and children are requested not to bring sweets, chocolates, or any other confectionery to Lanterns Nursery School, except for specific dietary needs e.g. diabetes, restricted diets etc.

Breakfast for those children attending breakfast club (8am to 8.30am)

- Breakfasts made available will be low in sugar, salt and fat
- Only plain milk and water will be offered
- Children will be encouraged to eat breakfast cereals as toast and fruit are available at snack times

Snacks

- Any snacks made available will be low in sugar, salt and fat
- Only plain milk and water will be offered between meals
- Regular times for meals and snacks are recommended to reduce the risk of dental problems
- On special occasions/celebrations healthy options will be available and balanced with less healthy options

Lunch provision

- Hot lunches are prepared by Hungry Monsters who work under the statutory nutritional standards by the Government's advice on Healthy Eating
- Meals provided are balanced, nutritional and low in fat, salt and sugar.
- Menus are shared with parents via Parentmail
- An 'Ideas for providing your child with a healthy packed lunch' leaflet is given to parents who provide a packed lunch for their child
- Parents are advised to include an ice pack in their children's lunch boxes as we do not have enough accessible fridge space
- Parents are asked to clearly label their child's lunch box

Packed teas for those children attending home from home club (4pm to 5pm or 6pm)

- An 'Ideas for providing your child with a healthy packed lunch' leaflet is given to parents who provide a packed tea for their child
- Parents are asked to clearly label their child's lunch box
- Lunch boxes are kept in a fridge during the day
- Some parents will provide a snack as their child will have tea when they get home

Education

- Lanterns Nursery School will include work associated with healthy balanced diets in its curriculum
- Lanterns Nursery School will provide family learning opportunities for adults and children around healthy eating
- Parents and carers at family groups will be encouraged to sit with children while they eat and to be a good role model for healthy eating
- Staff will sit with children at lunch club to support children's learning
- The use of sweets and chocolates as a reward will be discouraged (unless as part of an individual child's specific targets where food is the motivator)

Health and safety

- Lanterns Nursery School is a nut aware school, please refer to our allergy policy
- Any allergies, food intolerances and/or dietary requirements are identified during admissions and a supplementary dietary form is completed by parents. This informs our records and is shared with staff. For allergies, protocols are written with parental input and shared with staff
- Hot drinks will be served in areas away from children
- Microwave ovens will not be used to warm babies' bottles or food because hot spots can cause scalding. When food is heated as part of a child's needs staff receive training
- Food hygiene is promoted at Lanterns Nursery School and children and staff are reminded about the importance of hand washing before eating or handling food.
- Table tops will be cleaned using an appropriate cleaning spray before children have snack or use tables prior to a cooking activity
- Children's beakers and cups will be washed after use

Please also refer to Lanterns Nursery School Allergy policy and the document 'Snack, cooking and food related experiences at Lanterns Nursery School'