



## KINDERGARTEN HEALTHY EATING POLICY

### AIMS

Thomas's Kindergarten is aware that it is important to establish good eating habits at an early age. We are committed to promoting healthy eating at the Kindergarten. With this in mind and by working alongside parents and carers it is our aim to reduce the children's intake of food and drink containing sugar and salt and to encourage the children to make healthy choices.

### PROCEDURES

- Before the child starts to attend the Kindergarten, we find out from the parents/carers their children's dietary preferences, including allergies.
- Information about each child's dietary needs are recorded in her/his registration record (Essential Pupil Information Form & ALL ABOUT ME form) and parents sign the record to signify that it is correct.
- Current information about individual children's dietary needs and/or allergies is displayed so that all staff and volunteers are fully informed about them.
- Foods from the diet of each of the children's cultural backgrounds are included, providing children with familiar foods and introducing new ones.
- No food containing NUTS or nut products are allowed on the premises and we are especially vigilant where we have a child who has a known nut allergy.
- Through discussion with parents and carers information is obtained about the dietary rules of the religious groups to which children and their parents belong, and about food allergies.
- Staff are required to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- Break and lunch times are organised so that they are social occasions in which children and staff participate.
- Break and lunchtimes are used as opportunities for children to develop independence through making choices, serving drink and feeding themselves.
- Fresh drinking water is constantly available for the children. We inform children about how to obtain the water and they can ask for water any time during the day.
- Parents are informed about the break and about the storage facilities available in the Kindergarten.
- Parents who provide food for their children are given information about suitable containers for food.

- In order to protect children with food allergies, there are rules about children sharing and swapping their food with one another.

Break:

- Children are provided with fresh fruit and vegetables, cheese, rice cakes and bread-sticks.
- Children are provided with water to drink.

Packed lunches:

- The contents of packed lunches are refrigerated upon request.
- Parents are informed of our policy of healthy eating.
- Parents are informed that we have facilities to microwave cooked food brought from home.
- Parents are encouraged to provide sandwiches with a healthy filling, fruit and milk based desserts such as yoghurt. We allow one treat to have after lunch
- Home cooking is promoted.
- Children bringing packed lunches are provided with plates, cups and cutlery.
- A member of staff sits with children to eat their lunch so that mealtime is a social occasion.
- Healthier recipes have been introduced during cooking sessions at school.

**See also:**      [Information for Parents, Staffing Policy](#)

<b>This policy will be reviewed annually</b>		
Created: March 2012	By:	Tamara Spierenburg, Pimlico Head
Latest Review: March 2019	By:	Kathy Ballantine, Kindergarten Head
Next Review: March 2020	By:	Kathy Ballantine, Kindergarten Head