



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. Working alongside the 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 children attend 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.
- 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.
- 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.
- The Kindergarten provides a daily healthy mid-morning snack, where the children help set up the table and serve fruit to each other.
- Children bring in their own, named water bottle which is placed on a tray for them to help themselves to throughout the morning.
- Those children that stay for our extended session (clubs) are encouraged to provide a healthy nut free packed lunch from home.
- Both snack and lunch times are organised so that they are social occasions in which children and staff participate.
- Snack and lunchtimes are used as opportunities for children to develop independence through making choices, drinking and feeding themselves.
- Parents are informed about snacks 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.

Snack time:

- Children are provided with fresh fruit and vegetables, cheese, rice cakes, oatcakes and bread-sticks.
- Children bring in their own, named water bottle each day.

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.

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

This policy will be reviewed annually			
Latest Review: March 2020	By:	Kathy Ballantine, Kindergarten Head	Changes Made
Latest Review: March 2021	By:	Chantal Baard	
Next Review: March 2022	By:		