



## **FOOD AND HEALTHY EATING POLICY**

This policy will be reviewed annually or in response to changes in legislation		
Last Review	October 2023	Kindergarten Head
Approved	October 2023	Kindergarten Head

### ***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 (including allergy management)***

- Before the child starts to attend the Kindergarten, we find out from the parents/carers their child's dietary preferences, including allergies.
- Information about each child's dietary needs and allergies are recorded in their registration record 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 visiting experts 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.
- 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 their diet or allergy.
- Lunchtimes are organised so that they are social occasions in which children and staff participate.
- Lunchtimes are used as opportunities for children to develop independence through making choices, serving drinks and feeding themselves.
- When eating, staff talk to children about healthy eating and oral hygiene.
- Parents are informed about snack provision 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, children are told not to share and swap their food with one another.

*Snack provision:*

- Children are provided with fresh fruit and vegetables, rice cakes, and bread-sticks. Children are able to independently select their own snack from a snack table. Children must remain seated at the snack table for the duration of their snack. Teachers remain vigilant and in sight of children who are eating to ensure safety of the children. At least one member of staff will sit/ stand in view of the snack table while any child is eating.
- Fresh drinking water is always available for the children. We inform children about how to obtain the water and they can ask for water any time during the day.

*Packed lunches:*

Where a child is staying for an afternoon session, parents should provide them with a packed lunch.

- 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.
- Parents are encouraged to avoid providing food with known allergies.