

Health and Wellbeing

Healthy Food Policy

Statutory Framework for the Early Years Foundation Stage 2014

Quote Reference: 3:47

'Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious. Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has and any special health requirements. Providers must record and act on information from parents and carers about a child's dietary needs'

Purpose of the Policy

The purpose of the policy is to ensure that when snacks and drinks are provided the food and drink is nutritious healthy, well-balanced and varied in accordance with Barnsley Children's Trust Food and Nutritional guidelines.

We Aim to:

- Provide nutritious food, which meets the children's individual dietary needs which will encourage children to develop life-long healthy eating habits to support long term good health.
- Use snack times as a social experience, a time to learn new skills, interact with others, develop manners and gain knowledge and understand cultural differences.

What you should do:

- Ensure you make a member of staff aware if your child has a diagnosed food allergy and provide a diet plan from a medical professional.
- Do not bring unhealthy snacks and drinks to the Family Centre.
- Inform a member of staff if your child has not had breakfast and requires one at the Family Centre.
- Support your children if they are poor eaters taking into account those used in the Family Centre to ensure there is a consistent approach.

Policy Review: 28.2.2019

Policy Approved by: ECS, Senior Management Team

Policy Issue Date: 1.4.2019

Next Review Date: April 2020

Version 19//20

- Encourage your child to eat healthy nutritious meals and try new foods

What we will do:

- Follow the Barnsley Borough-wide Infant Feeding Policy, providing facilities to support breast feeding mothers/families and those who chose to bottle feed.
- Use fresh and local produce wherever possible.
- Provide all children with suitable food depending on their age, development and needs, using the recommended servings table as a guide. This will include children with special dietary requirements.
- Provide breakfast for children not having breakfast at home.
- Inform parents if their child is not eating well and put strategies in place with parents to improve a child's eating habits.
- Give children plenty of time to eat.
- Ensure children are seated when eating.
- Encourage Family Centre staff to set a good example by sitting and eating with the children, encouraging good eating habits and table manners.
- Make snack times a social occasion where conversation will be encouraged.
- Not withhold food as a form of punishment.
- Store, prepare and serve food using good food safety practices.
- Train staff in healthy eating practices and food safety.
- Parents with children on special diets will be asked to provide as much information as possible about suitable foods. This will be provided in an agreed diet plan for individual children.
- Children will be encouraged to play outside everyday, to ensure they receive sunlight which helps their bodies to make vitamin D.
- Food waste will be checked each day to ensure it is kept to a minimum.
- Healthy eating and food preparation will be incorporated into daily activities.
- Children will experience food from different countries/cultures including food preparation and the part food plays in festivals, events and religious celebrations.
- Fresh drinking water will be available at all times with the children being able to help themselves.

Policy Review: 28.2.2019

Policy Approved by: ECS, Senior Management Team

Policy Issue Date: 1.4.2019

Next Review Date: April 2020

Version 19//20

- Full fat milk will be served as a drink for children under the age of 2 years. A low-fat or semi skimmed option will be provided for children 2 years and over unless advised otherwise by the child's health professional.
- Fizzy drinks and squash will not be provided.
- Children will sit when drinking.
- In line with Ofsted requirements and environmental health we kindly request that only healthy food choices are consumed on the premises. Support, advice and guidance is available regarding healthy eating options if required.
- Birthday party food, cake, buns etc should be discussed with the Centre prior to the birthday.
- Sweets will not be used to reward children.
- Recipes are available on request.