



Healthy Eating Policy

At Deryn Bach we believe that good health in the early years helps to safeguard children's health and well-being throughout life. We believe that it's important that children develop healthy eating habits when they first learn about food and physical activity. We treat mealtimes as an opportunity to promote children's social development, while enjoying food and highlight the importance of making healthy choices.

To help us comply with government initiatives and for the general well-being of the children, we adhere to the following guidelines:

- At snack time, we aim to provide healthy and nutritious food which meet the children's individual dietary needs
- A healthy lunch is provided for the children following current government guidelines

Procedures

We follow the procedures below to promote healthy eating at Meithrinfa Deryn Bach:

- Prior to a child attending Deryn Bach, we enquire about his/her medical, cultural and/or dietary needs – including any known allergies. This information is recorded on a registration form and signed by parents/carers. We ask that parents advise the nursery of any changes to their children's dietary needs – including allergies
- To ensure continuity of care, we display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them
- We aim to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes
- We take care not to provide foods containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, of vegetarians, vegans and about food allergies and intolerances. We take account of this information in the provision of food and drinks
- We organise snack and lunch times so that they are social occasions in which children and staff participate
- We have fresh drinking water available for the children throughout each session. We inform the children about how to obtain the water and help them if necessary
- We inform parents of our policy on healthy eating

Snack time

- Drinks and snacks provided are of low salt, sugar and fat content where possible. The children are offered a choice of milk or water to drink throughout the day.
- Mid-afternoon snacks include fresh fruit and/or vegetables
- A choice of fresh milk or water is supplied to drink

Cooking and special occasions

Special celebrations such as Pancake Day, multi-cultural festivals or sensory tasting activities in line with current themes may allow for small amounts of food to be tasted. Cooking activities will be a mixture of healthy foods or treats which we will use to discuss and then send home for parents to decide if their children are able to eat them.

This policy was adopted on	Signed on behalf of the nursery	Date of latest review
26th September 2016	Lmgriffiths	07 March 2019