

HEALTHY EATING POLICY (SNACKS, DRINKS AND MEALS FOR OVER 2s)

NCPo1
v2

PROCEDURE	REFERENCE	FORM
NCP1 – Writing, Changing and Using Menu Procedure	NCR2 – The Balance of Good Health	NHF10 – Medical Information and Consent Form
NCP2 – Food Brought From Home Procedure	NCR4 – Feeding Your Toddler	NSF15 – Daily Care Record Sheet
NCP3 – Special Dietary Requirements Procedure		
NCP4 – Reheating and Milk and Food Procedure		

Providing a well-balanced, healthy and nutritious diet is an important part of caring for the complete child.

Children need to be encouraged to make healthy choices as well as being taught how and why to make these choices. This will be encouraged and developed from the very beginning.

Snack and meal times need to be an enjoyable experience which will enable children to learn and develop skills which they will use throughout their life. Through well-balanced, planned and unplanned healthy eating, children will have the opportunity to learn social skills, develop taste, learn about other cultures and develop independence.

As with many things, trends change with the outcome of new research and it is important that we keep up-to-date with changes while ensuring that we are doing the best for the children in our care.

Combining a balanced diet with regular fresh air and exercise will support children's growth and development. Research also shows that being appropriately fed can be a positive driver in terms of children's behaviour as well as their ability to learn.

We recognise the importance of a balanced, nutritious diet especially in the early stages of a child's growth and our healthy eating policy has been developed so that the menus:

- can be adapted for special diets, whether this is for moral, religious or medical reasons.
- use seasonal produce, and are changed regularly between and within each season.
- are prepared in advance and made available to parents (via the parent notice board, newsletters etc).
- reflect an appealing and culturally diverse range of foods.
- take into account children's eating habits and special needs.
- can incorporate theme days, picnic teas etc..

The inclusion of foods that contain additives are minimised as far as possible and products containing a lot of sugar or salt e.g. marmite, soya, jams etc are used sparingly and not on a daily basis.

All food offered is low in salt. Salt is not added to food cooked at Wellingtons for Langley Hall.

Foods which are high in fibre make up only a small part of the children's diet as young children's stomachs cannot cope with foods such as wholemeal pasta and brown rice. Too much fibre may also reduce the amount of minerals i.e. calcium and iron that can be absorbed.

Children's stomachs are small and quickly become full, therefore it is vital that they are given regular access to healthy food through snacks and meals throughout the day. Staff are aware of this and manage their expectations of each child's eating habits carefully.

Snack and meal times will be calm and allow children plenty of time to eat. Good eating skills, social skills and table manners are encouraged and developed during this time. Staff must ensure that they model good habits for the children.

In order to protect children's teeth, all snacks provided are free from sugars that can damage teeth, fruits and vegetables are encouraged. Dried fruit and fruit juice will only be offered as part of a main meal (not a snack).

Staff will ensure that children of all ages have access to fresh drinking water throughout the day, not just at snack and meal times.

We welcome parental views on the dietary provision provided by Wellingtons for Langley Hall and especially as it relates to their own child.

General principles for meals

- All children will be offered pudding, even if they have not eaten all or are reluctant to eat their main course.
- Withholding food will not be used as a form of behaviour management.
- Food is never used as a reward.
- No child will be fed against their will
- Parents will be advised if their child is not eating well.
- Wellingtons for Langley Hall operates a nut-free policy (see **NCPo8**) which must be adhered to at all times.
- Fruits and vegetables are encouraged. Dried fruit and fruit juice will only be offered as part of a main meal (not a snack).
- Children will be encouraged to serve themselves (and others), pour drinks and distribute food.
- All staff preparing, cooking or serving food will receive training in food hygiene.
- All staff are required to ensure that parental wishes regarding appropriate food for their child are followed (so long as this does not conflict with the general principles for healthy meals at Wellingtons for Langley Hall).
- An alternative meal will be offered to a child who refuses to eat.
- Parents are given information about what their child has eaten using Daily Care Record Sheet **NSF15**.