



Healthy Eating

Aim

It is our aim to encourage and develop children's knowledge and skills in order that they are able to make informed choices about food and drink.

How the policy is implemented

Mealtimes should be social, learning times when we can sit down with our friends quietly to enjoy our food. Good examples of table manners and behaviour is given by a member of staff sitting with small groups of children. Children are encouraged to try new things and learn about healthy eating.

All snacks are provided at Peter Rabbit Nursery and are inclusive in the fees.

All snack food is freshly prepared daily on site in our kitchen. Fresh fruit and vegetables are always available.

We encourage children to drink water throughout the day and are offered water and milk at snack times. We also encourage them to bring a water bottle each day which they can access whenever they want to, we also have water jugs situated in the nursery room, which the children can access daily.

Allergies / Dietary requirements

All dietary requirements are catered for.

If you are aware that your child has an allergy / dietary requirement to certain foods or food product, please ensure that you inform staff, and the information is added onto your child's all about me plan.

It is important that you tell us no matter how minor or severe the allergy is.

A list of children with allergies is kept in the kitchen and on the daily snack board detailing any allergy, dietary requirements so that all staff are fully aware.

As some children have known allergies, we kindly request that parents do not bring in food from home unless this has been agreed by the management of the nursery. Any products which are taken in to share with the children (such as a birthday cake and sweets) must be

shop bought, in the original packaging which clearly states the list of ingredients. We will always send birthday food home for children to eat.

Packed lunches - Children are required to bring a healthy packed lunch to nursery with them. Please be aware of any choking hazards. These include the removable caps of water bottles and fruit juice which should be removed before placing the bottles in lunch boxes. Small circle foods such as grapes, sausages and cherry tomatoes should be cut in half and all hard vegetables such as carrots should be cut into very small pieces.

Please **do not put nuts, including peanut butter or Nutella** in your child's lunch box, we are a 'nut free zone'.

Please note.

- Fresh drinking water is available to children at all times
- Our free flow snack bar gives autonomy to the children in catering for their own needs
- For snack, children will be offered a breadstick, toast or rice cake and a selection of sliced fruit to choose from. Water and milk will also be on offer.
- It is preferable that children bring healthy foods options in their lunch box at nursery.

Keep all chocolate items to an absolute minimum and NO sweets please!

- We respect food options from different cultures and backgrounds.
- All the staff are aware of children's allergies and dietary requirements. A list of these is available on the children's snack board and the inside of the kitchen cupboard.
- Due to health and safety reasons children should not arrive eating and are not allowed to eat anything at any time other than snack or lunch time. Occasionally children sample food as part of experiencing new tastes, baking and cultural activities.
- All members of staff who handle have food hygiene training.