

The Federation of Kintore Way Nursery School & Children's Centre & The Grove Nursery School Food and Healthy Eating Policy

Aims

To ensure that all aspects of food and nutrition in the The Federation promote health and wellbeing of pupils, staff and visitors. We aim for children to learn life long skills in healthy eating as part of a healthy lifestyle and to ensure parents are involved wherever possible. We believe that it is important for children and families to understand the impact of nutrition on health, concentration, energy levels and positive self-image. We are aware that Southwark has high obesity levels for both children aged 5 and 12 and the aim of this policy is to work towards reducing obesity.

Objectives

- Reduce obesity and promote well-being for children under 5.
- To work towards meeting the Southwark Free Healthy Nursery Meals guidelines and Desserts Policy, School Food Standards and Eat Better, Start Better guidelines
- To create an environment where eating food and mealtimes are a pleasurable experience.
- To encourage children to independently make healthy choices.
- To provide rich and meaningful experiences for children to develop their knowledge and understanding of food and where it comes from.
- For all staff to support children's development and attitudes by being positive role models.
- To work in partnership with staff, children and families to improve their physical health by raising their awareness of the effects food and drinks can have on their bodies and the need for a balanced diet.
- To ensure all snacks and food provided will be nutritious, healthy, balanced and tasty which takes into account other faiths and cultures and medical requirements
- Ensure snacks and food are provided, and takes into account other faiths and cultures, medical requirements and potential allergic reactions.
- Develop knowledge and understanding of food hygiene and safety issues.
- To actively promote, encourage and support breastfeeding.
- Ensure children have continuous access to water throughout the day.

Food Provided by the Federation

All meals are cooked on the premises, and seasonal fresh produce delivered and used daily. We ensure a range of foods provided for the children meets the School Food Standards for Early Years and individual needs whether this is a medical need or stage of development. Pork and nuts are not part of our menu planning and parents/carers can express their choice of a vegetarian option at point of admission. All our menus are in line with the national school foods, Southwark Free Nursery Meals Guidelines and the 'Eat Better, Start Better' standards.

The Role of the Adult

- Staff eating with the children have a responsibility to model appropriate behaviour as set out in procedures for lunch time.
 - Staff role model good standards of hygiene
 - Staff serve portions of food which maintain a balanced/healthy diet and promote a positive attitude towards the benefit of eating fruit and vegetables.
 - Staff will refrain from eating and drinking inappropriate foods or drinks e.g. fizzy drinks, cakes, sweets, etc. in the presence of the children either at the The Federation or on trips/outings.
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- Cooking and food preparation is part of the curriculum, staff preparing for a cooking or food activity use ingredients which are healthy and nutritious.

Learning and Development

There are planned opportunities for children to learn and understand about the source of their food through plot to plate activities such as; growing their own food, shopping trips, farm visits role play scenarios, living eggs and forest school sessions.

Regular cooking activities take place involving children and parents. The muddy kitchen encourages children's imaginative play and language development.

Children are taught about good hygiene practices including hand washing before and after handling or eating food, going to the toilet or playing outside.

Children's language development is supported at meal times through the use of Makaton sign language and visual prompts.

Snack times use a snack choice board.

Meal times are used as an opportunity to support children's use of cutlery and meal time etiquette, taking into account cultural needs.

Healthy Snacks

Routines do not override children's natural development to socialise and play. Children are encouraged to have a drink or something to eat when they feel thirsty or hungry rather than at a specific time chosen by an adult. Children need long periods of uninterrupted play therefore children's play is not stopped for a snack time.

A range of finger foods are provided to encourage children to make healthy choices and introduce children to a variety of new tastes.

Snacks are healthy, and are a small nibble of food between meals all fresh fruit is cut into child size portions e.g. apples, bananas, grapes, mango, melon, pineapples, strawberries, plums, peaches, pears, etc.

- All fresh fruit and vegetables are cut into child sized portions
- Vegetables can include; celery, cucumber/cherry tomatoes, carrots, baby sweet corn, peppers, broccoli, cauliflower, etc.
- Bread based snack can be provided such as; Pita bread, rice cakes, crumpets, toast.
- Suitable toppings for toast, crumpets etc: Olive oil based spread
- Milk /water will be provided daily
- In the classroom a self-service snack table is available to the children for an hour in the morning and afternoon.

Food and Drinks Brought From Home

Children are not permitted to bring food from home on a daily basis due to the risk it poses to children with allergies. Parents/carers are encouraged to provide a healthy snack when collecting their child or attending the Nursery. Due to allergies, we ask parents not to give children snacks until they leave the school premises

Parents/carers are strongly discouraged from giving their child confectionary (sweets, cakes, crisps and fizzy drinks) while on our premises.

Special Dietary Requirements

Milk substitutes should only be given to children under the guidance of a medical professional.

Special Occasions

Taking into account the high child obesity levels and dental decay of the children in Southwark, and the need to reduce the sugar intake of children under 5, each school offers alternative ways of celebrating birthdays rather than the sharing of birthday cakes.

Training.

Staff involved in the preparation of food attend regular food hygiene training.

Safeguarding

Staff remain vigilant for any children who appear hungry, are overeating or have a poor diet. Concerns are raised following the procedures set out in our child-protection and safeguarding policy.

Health and Safety

Children are supervised when they are eating or cooking.

Heat resistant gloves are worn when children are cooking and using the frying pan or oven.

Children are taught to not to touch any unfamiliar plants, flowers or leaves unless advised by an adult. All edible plants are grown in a specific area in the garden.

Children use sharp knives under adult supervision.

Choking Hazards Food Safety Advice

Make sure food is **suitably prepared and served** for babies and children under 5 years old.

Think about size, shape and texture of food. Cut food into narrow batons, avoid round shapes and firm foods. Firm fruit & vegetables can be softened by cooking.

Ensure that babies and young children are **alert and seated safely upright** in a highchair or appropriately sized low chair whilst eating.

Babies and young children should be supervised at all times while eating. You will be able to identify the early signs of choking and prevent harm.

Encourage babies and young children to chew food well. Teach children how to chew and swallow food properly, and ensure they take their time during meals. This will reduce their risk of choking.

Special Educational Needs

We recognise the uniqueness of all children and understand that some children find mealtimes and eating challenging and have particular tastes. We ensure our practice is inclusive and work in partnership with parents and outside agencies to support children in improving their diet if necessary. Although we do not use food as a reward there may be times when this is the only motivator for a child and it can be used on a short term basis.

Exceptions to Health Eating Policy

The Federation aims to follow all guidelines relating to healthy eating. There are times when exceptions are made for example;

Cooking activities

Science investigations

Special Festivals and Celebrations

Responding to a very hot day (ice lollies) or a very cold day (hot chocolate)

Food and drink as part of social and cultural activities or events are exempt from meeting the regulations. However, we would aim in organising these events to still consider, encourage and promote healthier options in keeping with the ethos of a health promoting school

Links to Other Policies

Safeguarding and Child Protection

Health and Safety

Teaching and Learning

Positive Behaviour Management

Risk Assessment and Challenge

Code of Conduct

Race Equality

The Federation of Kintore Way Nursery School & Children's Centre & the Grove Nursery School

Policy Name Food and Health Eating Policy

Adopted and signed on behalf of The Federation of Kintore Way Nursery School & Children's Centre & the Grove Nursery School by the Governing Body at the meeting on

26th March 2024

Name of Governing Body Representative

Robert Weir

Signature of Governing Body Representative



Signature of Headteacher



Date signed: 26th March 2024

Date to be reviewed: Spring 2027
