



F6. Healthy Eating PP

F6. Healthy Eating PP (SF 3.47-3.48)

It is our policy to:

1. provide all children in our care with healthy, balanced and nutritious meals, snacks and drinks, while meeting each child's individual dietary needs;
2. encourage children to choose healthy options;
3. to experiment and try new foods from different cultures;
4. to be involved in food lifecycle i.e. growing, caring, harvesting, preparation and composting, according to their age, maturity and abilities;
5. encourage independence and self-management with regards to meals and snacks; and
6. to share recipes from home.

F 6.1. Individual Dietary Needs

We **cater** for children with different food **allergies and intolerances** (see PP Health & Safety) and cultural/religious requirements (see PP Equal Opportunities). We provide healthy and balanced vegetarian menu. Through discussion with parents, we obtain information about the dietary rules of the religious groups to which children and their parents belong as well as about food allergies. We take account of this information in the provision of food and drinks where we can. However, **cannot cater for the various preferences** such as for organic, biodynamic or freshly picked produce, instead we ask parents to supply in accordance with our policies and procedures e.g. if there are any current allergies in the group, parents must agree to exclude that listed food group.

During registration we must discuss **dietary requirements** and record them in the Registration Form which parents sign. We also take a detailed list of foods which the child can have from the parents and discuss with parents general menus for all the children. Parents must let the setting know if their child has any food allergies, cultural/religious requirements, any particular dislikes or favourite dishes, any other dietary requirements. Parents must also keep the setting up to date with the food safety list for their child. At each Parent Teacher Conference (on a termly basis or as and when) parents are asked to check the information on the original registration form and asked to update where necessary and sign any updates. It is the responsibility of the Key Person to ensure all details of their children are up to date.

We display current information about individual **children's dietary needs** in each classroom and in the kitchen so that all staff and volunteers are fully informed about them. To ensure that children received only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes, we ensure that at least two members of staff check children's food servings – kitchen staff must check the list of children with special dietary requirements and pass to classroom staff who must also check the child with special requirements receives their unique serving plate (plates can be colour coded). We do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy (we do not ask individual children to wear any wristbands and/or sit at separate tables). We also educate and encourage all children to understand food allergies and intolerances and respect different cultural/religious choices.

F 6.2. Healthy, balanced and nutritious food

A healthy, balanced and nutritious diet is vital for children to develop healthily, along with fresh air and regular exercise.

- ✓ Making fresh **water** available throughout the day and reminding children to drink regularly (*link to SF s.3.47*) and at all mealtimes. We check the water bottles/beakers for those who have them at each mealtime and encourage to drink.



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- ✓ Encouraging children to squeeze orange juice from the fresh fruits basket during snacking periods and they can choose to drink it and/or offer to make for friends, especially younger friends (except where special policies and procedures are in place during periods of infectious outbreaks).
 - ✓ Ensuring **fresh fruits** are available during snacking periods together with all the tools needed to prepare them, children must be supervised when using tools and must share the cut pieces with friends, especially younger friends, by filling the snack table plate and only taking three or less pieces for their individual plate/bowl;
 - ✓ Offering **milk** at tea time; we offer full cream pasteurised cow's milk for young children; parents are welcome to provide us with alternative milk, provided that they are in original packaging and unopened; we slowly introduce semi-skimmed milk from the age of two years; firstly into meals and dishes, such as on cereal or in white sauces, before offering it as a drink, so that the transition from full cream cow's milk is gradual.
 - ✓ endeavouring to use as much **raw and natural ingredients** as possible e.g. natural sugars such as honey, fruits, dried fruits to replace processed sugar;
 - ✓ including a variety of foods from each of the four main food groups per meal:
 - meat, fish and protein alternatives;
 - dairy foods;
 - grains, cereals and starchy vegetables; and
 - fruit and vegetables.
 - ✓ endeavouring to avoid table salt, refined sugars, preservatives, colouring, additives and large quantities of saturated fat in our cooking;
 - ✓ endeavouring to avoid purchasing food with obvious refined sugar and salts added;
 - ✓ If we have a child on the register with medical allergies such as for nuts, we have a policy of **excluding food** containing nuts or nut products from our kitchen for however long that child remains a student at our school and we are especially vigilant when that child in question is attending;
 - ✓ ensuring **staff's personal food** follow the school's food policy i.e. allergens on the most up to date food safety list must not be brought into the setting and non-allergens are stored in staff bags and lockers;
 - ✓ ensuring **no outside food** (particularly fizzy drinks, crisps, sweets, cakes, biscuits, yoghurt etc) is brought into the setting, except only:
 - at discretion of the Manager where a child may have a special diet where the preference cannot be catered by the school or where the parent declines school's catering; and
 - during special occasions such as birthdays where birthday cakes brought in are natural and as unprocessed as possible and meet children's dietary requirements. We ask parents to please avoid smarties or other small cake decorations that may cause a choking hazard.
- Parents must avoid nuts and other current allergens in the setting given to them by the Manager from time to time and must agree to follow the school's food policy and must visibly comply with the latest up to date food safety list.
- ✓ Parents understand that it is their **choice to decline the setting's catering** and to cater for their child's meals and snacks, due to preference. We inform parents who provide food for their children about the storage facilities available in our setting and give parents information about suitable containers for food and earliest drop off time for cooked food which is due to be served within 4hours. This exceptional arrangement can be modified or withdrawn at any time at the discretion of the Manager and parents agree to comply with the school's policies and procedures around food safety.



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F 6.3. Education

We aim to instil healthy habits, life skills, inclusive approach and understanding of the diversity of food in the world at large through our daily classroom life as well as through our curriculum and celebrations. We believe that activities around food and mealtimes with staff provide a rich and varied experience in all the curriculum areas such as refinement of the senses, maths, language, understanding the world (social skills and etiquette), physical dexterity, manipulation skills, socialisation etc...

- ✓ Organising meal and snack times so that they are social occasions in which both children and adults participate, with adults role modelling appropriate behaviour; ensuring children are discouraged from sharing and swapping their food with one another to protect children with food allergies and/or protect all children from infections.
- ✓ Helping children to develop independence through making choices, serving food and feeding themselves; providing utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures. E.g. if child's cultural habit is to eat with their hands, as long as the hands are clean this is an education opportunity and we celebrate cultural diversity.
- ✓ endeavouring to include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods while also introducing them to new ones. We welcome all types of recipes and photographs of children cooking at home to be included in our Around the World Food recipe book and we will endeavour to cook certain dishes with the children and/or discuss the book in circle to help us learn about food diversity and implement our inclusive policy.

F 6.4. Partnership with parents/carers

- ✓ The weekly menus are displayed on the parents' notice board. We plan a three week rotational menu at the end of each term to be rolled out for the next term. We may ask parents to share their healthy recipes from home on an ongoing basis and talk to the children about their cultural habits.
- ✓ For children under two, we provide parents with daily written information about feeding routines, intake and preferences.

F 6.5. Packed lunches

On rare occasions when children are required to bring packed lunches, e.g. school trips, we:

- ✓ encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts, such as yoghurt or crème fraiche;
- ✓ encourage parents to provide children with water and/or diluted fresh fruit juice;
- ✓ disallow packed lunch contents that consist of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent;
- ✓ inform parents to exclude perishable contents that require refrigeration, unless parents include an ice pack to keep food cool;
- ✓ inform parents of our policy on healthy eating;
- ✓ provide children bringing packed lunches with plates, cups and cutlery; and
- ✓ ensure that adults sit with children to eat their lunch so that the mealtime is a social occasion.