

Maidenbower Infant School Nursery

HEALTHY EATING POLICY

We believe that adequate and nutritious food and drink are essential for children's well being. We aim to ensure that all staff understand each child's dietary requirements and meet them appropriately to promote healthy growth and development.

THEREFORE:-

- At the induction visit prior to the child starting nursery
 - Parents are encouraged to make a voluntary donation towards the cost of items to support our snack bar
 - Parents are asked to provide their child with a named bottle of drink staff will encourage parents that this drink is water by advising them of the benefits of drinking water
 - Staff will ask parents to share any dietary requirements and allergies that their children may have
- Children are encouraged to eat fresh fruit/vegetables and drink either water or milk at our 'snack bar' each session.
- Staff encourage children to drink plenty of water during their nursery session especially after any physical play.
- Staff explain to children why they need to wash their hands before eating and ensure that all hands are washed prior to any contact with food.
- Staff will work with parents to encourage and support healthy lunch boxes.
- At lunch time, children are taught to eat their sandwiches or savoury items before any other items in their lunch box.
- Children are taught that food swapping is not acceptable and that all rubbish should be taken home (except for banana skins and yoghurt pots and drink cartons.)
- Parents are encouraged to help us celebrate any cultural or religious festivals.

- A list of all dietary requirements is displayed to ensure that all staff are aware of them.
- Activities are planned to give children the opportunity to grow and eat their own crops of fruit and vegetables.
- Milk is stored in a fridge.
- All staff must follow the guidelines set out by Environmental Health to ensure the correct handling of food and drink.
- In accordance with the guidelines set out in the Statutory Framework for the Early Years Foundation Stage at least one member of staff will hold a Food Hygiene certificate .

This policy was reviewed by the Nursery staff

Signed _____

Date _____

Name Yvonne Bryant

Position Nursery Manager

Next review date: November 2025