

# **Hungerford Nursery School Centre for Children and Families Food and Well-being Policy**

**To be reviewed:** Every three years

**Policy Agreed:** 22<sup>nd</sup> May 2018    **To be reviewed:** May 2021



This policy relates to the Nursery School, Pre-nursery and Family Centre

Date	Description of any changes
23.03.2016	No changes
18.05.2016	Policy rewritten by Suzanne Taylor, Head Teacher
22.05.2018	None

# Hungerford Nursery School Centre for Children and Families

## Food and Well-being Policy

### Introduction

A healthy balanced diet and regular physical activity are essential for children's health and well-being.

We know that research confirms that healthy eating habits in the years before school are very important because they influence growth and development and academic achievement in later life.

We believe we have a significant role to play in providing a consistent message promoting healthy option to children and their families through working in partnership with them and agencies.

### Aims

- 1) To promote and support an awareness of healthy eating with children and their families
- 2) To cultivate a positive attitude to trying new food and offer children different food experiences to develop their knowledge and understanding of healthy eating concepts
- 3) To make food experience, meal times, and snack times a pleasurable safe and positive experience
- 4) To provide a wide range of different foods to ensure children developmental needs are met and be sensitive to different cultural and health needs of individual children and families
- 5) To provide children with healthy balance nutritious meals, snacks and drinks
- 6) To ensure that staff have knowledge to support children and parents creating healthy eating habits
- 7) To promote attitude to physical exercise with children and families making links to healthy lifestyle choices

### Food

We offer, breakfast club, snacks, and lunch. Milk and water are freely available in the morning and afternoon. Water is available at lunchtime. We discourage foods being brought from home unless there is an allergic or dietary requirement. (Staff will ensure that they follow instructions on any foods that have to be reheated).

- Breakfast club is a supervised group that meets between 8.00-9.00 in the morning. Children are encouraged to be independent and supported in making appropriate choices.
- Snack time is where children are encouraged to be an independent. They pour their own drinks and help themselves to snack but are supervised by a member of staff. All children are encouraged to wash their hands. This is very supported during the Pre-Nursery with children

being encouraged to ask for the snack food from the selection available and children show a growing level of independence as they move throughout the Nursery school. We use this time to develop social skills and language. Snacks are prepared daily include fresh fruits, veg , bread and bread products and crackers. Children always have water and milk available.

### **Lunchtime**

- Freshly prepared meals are available at lunchtime and they offer a variety of taste, texture and nutrition. Once a week a vegetarian meal is provided. During lunch children are sat in a ratio of 1-4 at the Pre-Nursery or 1 – 11 in the Nursery School. We regard this a social time for children to learn skills and talk together.
- The feedback to parents is casual as children leave. We notify parents if their children are not eating or if the children's eating habits change. We always talk about lunch time at the settling in consultation. We display the daily menu in the whiteboard in the cloakroom. We display a photo of the lunch and snack table and on our website.
- We encourage children to try different foods, flavours and textures. When children have their lunch they are invited to ask for seconds if they are still hungry.

### **Menus**

- Menus are agreed on a bi-termly basis between the cook and the staff. The menus are chosen from recipe selections which is already balanced and has the nutrition outlined.
- The menu is chosen to enable children to have a balanced diet and we aim to offer a variety of food over the week. We change the menu through introducing new foods and introduce new tastes gradually changing the menu over the terms. We feel that repetition in the menu is a good way to ensure that a child has the opportunity to see others eating certain foods regularly before they are confident to try unfamiliar food themselves. We monitor the children's response to the menus and make small changes related to this while maintain the overall balance.

### **Allergies**

- We are alert to allergies and special dietary requirements. If a parent tells us that their child has an allergy to certain foods we discuss this with them and ask if they have medical confirmation of allergies. If this is the case we take all the relevant details. Parents are consulted and worked with so that appropriate food can be provided. A list of specific children are kept in the kitchen and this is referred to as appropriate. All staff are aware and separate preparation areas and tools are used as appropriated. Place mats are provided with children dietary needs on them. There are photographs of children with allergies by the snack table to ensure that all staff are aware. We provide information about allergenic ingredients.

### **Cultural, religious**

- Whenever possible we will include foods which are representative of our wide culture. Where parents or carers have concerns about any aspect of food provision or preparation they are welcome to discuss these with a member of staff and wherever possible we will work with them to make alternative arrangements.

### **Celebrations and events**

- We encourage parents to celebrate children's birthdays by providing fruit or stickers rather than cakes to share with their peers
- Wherever possible we celebrate with alternatives to cake or ensure that the cake is a healthy version with vegetables or fruit in it.

### **Food Sources**

- Food is purchased from reputable suppliers. We use locally provided fruit, vegetable and meat where we can, for example the meat and eggs come from the local butcher and the milk, vegetable and fruit from local Newbury firms. We also endeavor to ensure that it is sustainable.

### **Food experiences**

- Food is important part of the curriculum.
- Preparing and cooking of food is regularly planned for. Staff from the school have their own allotment and grow fruit and vegetables with the children. This develops knowledge and skills and gives children experiences, helping them understand where food comes from.
- Through our food experience intervention programme children have the opportunity to work exploring the sensory aspects of food through touch, taste and smell. Food experience sessions do not follow recipes; but follow the children's lines of enquiry and they are free to explore the produce in their own individual ways. Children's interest and ideas help us to decide on which ingredients we provide. We try and use fresh, seasonal produce whenever possible. The children can access equipment in the children's kitchen area as they please and have an array of different utensils to explore supervised by staff.
- This session provides a rich multisensory experience and we use these sessions to provide an informal way of encouraging children to taste and experience healthy food.

### **Managing fussy eating**

- We consult with the parents and ask about which food it may be possible to eat and encourage children to try new foods. We will also invite the child into the food experience programme to promote the range of experiences they are having and supporting them to try new foods in an informal way.

### **Food hygiene**

- Children are always reminded about the importance of hand washing. We work with children to encourage a basic hygiene routine. The Nursery is regularly inspected by West Berkshire Council for food preparation and handling.

## **Training**

- Appropriate members of staff have been awarded food handling certificates and training needs are review on a regular basis. All staff in breakfast club, or who work in the kitchen or support the kitchen or who provide the food experience will have had food hygiene training up to level 2 as a minimum.

## **Communicating with children and families**

- We have a website which contains information on healthy eating and physical activity. The Centre promotes the Healthy eating message through displays and running course for parents such as the Hey. Leaflets are available for parents on physical activity and early nutrition.

## **Well-being**

- Well-being is also about keeping ones whole body healthy including a positive outlook. We continuously monitor children's well-being using Frere Lavers scales. This leads to support for individual children where appropriate and a close relationship with parents. We will work together to ensure that children are nurtured in their resilience as they grow.

## **Physical Activity**

- Children are encourage to run, climb, ride and use small apparatus on a daily basis. They are encouraged to be physically and active in other sessions through the use of action songs and rhymes. We take the children to a local woods to develop their confidence in being outside and develop their resilience in the natural environment. This provides them with a range of sensory and physical experiences.
- Within the Nursery we regularly cover topics which relate to food and, healthy eating, well-being and bodily awareness. We will often share stories with food as a theme.
- We encourage children and their parents to work to school. We try to motivate them through using the "steposaurus scheme'. This is where they get sticker rewards and at the end of ten walks they can claim a free swim at the local swimming baths.

The headteacher is responsible for the implementation of this policy and conducting regular reviews.

All governors, and staff are made aware of this policy as part of their induction, reviews and training.