



Childcare at its best

Greenacres Healthy Eating Policy.

Mission Vision Statement

Here at Greenacres we believe that it is important to provide nutritious balanced meals that are appropriate to each child's individual dietary needs. The children are encouraged to make their own choices of healthy eating by being given information, advice and opportunity to choose through activities and mealtimes.

Staff work with parents to ensure that full information is shared to enable us to provide a diet that considers each child's preferences, families cultural beliefs, allergies and chances to explore new tastes and textures. The provision of water is readily available for all ages throughout the day as staying hydrated is considered paramount to our children's welfare.

Food & Drinks

The following key points are used as guidance within the setting to ensure that we meet our commitments to children's healthy eating.

- 1.) Our four weekly rotational menus are researched and chosen for their balanced nutritional value, variation of tastes, textures and multicultural reflection as well as giving opportunity for children to choose.
- 2.) Our commitment to the healthy accreditation scheme ensures that any foods unnecessary in high salt, sugar or fat contents are substituted for healthier options e.g. crisps, biscuits, cakes, fried foods etc.
- 3.) Records of children's special dietary requirements and allergies are recorded and prominently used to avoid illness and accidental upset.
- 4.) Appropriate dining utensils, table areas and environment are designed to ensure children can dine comfortably in a pleasant and relaxed atmosphere.
- 5.) Dining areas, utensils and supervision can be adapted to accommodate every child's needs during mealtimes.
- 6.) Water will be available to all children throughout the day. Older children are provided with a self serve water area to access at all times and younger children have systems that they can point to a picture, jug or cup to indicate that they need a drink. Each room has access to water readily available.

Special Dietary Requirements

On registration at nursery it is essential that key workers find out any special dietary requirements that the child has. This will then be included on relevant medical and dietary forms as well as clarified verbally with parents to find out history and severity.

All information must be immediately recorded on the nursery charts for the room and the cook's charts in the kitchen. This should then be reinforced by also verbally telling the whole room team and also the cook.

In the under 2's unit staff must check that children's names are on their bottles (or own food) as soon as they are put into the fridge. If the name is not on or unclear it is the staff member's responsibility to label it before storing it into the fridge.

Bottles must again be checked when removed from the fridge and checked once again before giving to the child. This will eliminate any possibilities of children receiving the wrong milk.

A section for special diets (e.g. non-dairy) should be made in the fridge to store all bottles, food items and beakers etc and each item then clearly labelled with the appropriate child's name.

PLEASE BE VIGILANT – MISTAKES OF THIS NATURE CAN HAVE DIRE CONSEQUENCES FOR BOTH CHILDREN AND THE NURSERY.

Lunch Boxes and food bought in from home.

For settings that do not provide lunch. We want to encourage healthy choices for all children by ensuring that all food and drink bought from home, consumed at the setting provide children with a healthy and nutritious diet.

A balanced lunch box should contain;

- Starchy foods- these are bread, rice, potatoes and pasta.
- Protein- these are meat, fish, eggs and beans
- Dairy- this could be cheese or yoghurt
- Vegetable or salad- Ideally a portion of both vegetables and fruit.

Foods bought in must be in low in sugar and salt, and free from nuts. Crisps, chocolate, sweets, fizzy drinks and shellfish not permitted.