



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.

A section for special diets (e.g. non-dairy) should be made in the fridge and cupboards to store food items and is clearly labelled.

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

When celebrating a birthday, we ask parents not to bring in Birthday cake, snacks, crisps etc, as part of our Healthy eating policy. Instead, we feel that we can celebrate your child's special day by in lots of other fun ways, singing happy birthday at tea time and sending your child home with a special card.

A well balanced diet 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.
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Greenacres ensures all meals provided are balanced and are healthy, we encourage the children to help prepare foods and to serve themselves. The children help to make their own dips, sandwiches and chop their own fruit.

We are taking part in Health Early years London (HEYL) which is an audit with an award scheme.

Foods bought in must be in low in sugar and salt, and free from nuts. Sugary drinks, crisps, chocolate, sweets, fizzy drinks and shellfish not permitted. Due to Health and Safety guidance, we are unable to accept food cooked at home on a daily basis as we are unable to determine its ingredients and how it has been prepared and stored.

During various events that take place, such as cake sales, cultural cooking and parents providing own foods, this should be prearranged and the nursery informed of all ingredients used.

Greenacres is a NUT AND SHELLFISH FREE area. No staff, children or visitors are permitted to bring any products containing nuts or shellfish onto premises due to them being high allergens.