



Broomhall Nursery School
and Children's Centre

BROOMHALL NURSERY SCHOOL

Healthy Eating Policy

Contents

1. Statement.....	3
2. Aims	3
3. Objectives	4
4. Provision of Food across the Centre	4
4.1 Breakfast	4
4.2 Snack Times.....	4
4.3 Lunchtime.....	4
5. Promoting Good Practice.....	5
6. Creating Awareness.....	5
7. Links to Children’s Learning.....	5
8. Food Hygiene	5
9. Monitoring and Assessing Policy.....	5

1. **Statement**

A balanced diet is essential for the maintenance and protection of health, to ensure that full mental and physical potential is reached each day and to optimise growth and development. Developing a healthy diet and good eating habits early in life will lay the foundations for future health.

The statutory framework for the Early Years Foundation Stage states:

- The provider must promote the good health of the children.
- Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious.
- Provider to work with parents informing them what can be stored safely about appropriate food content.
- Fresh drinking water to be available at all times.

Broomhall Nursery School caters for children between the ages of 3 and 4 years.

Broomhall Nursery School recognises the importance of a healthy lifestyle and healthy eating habits in accordance with the Every Child Matters framework. Healthy eating is an integral part of promoting a healthy lifestyle, the foundation for the future. This is a whole School commitment.

2. **Aims**

- To make meal/snack times a pleasurable and safe experience.
- To support children and their families, creating an awareness of healthy eating and promoting as appropriate.
- Within the school setting, to provide opportunities and experiences to develop children's knowledge and understanding of healthy eating concepts in accordance with Early Years Foundation Stage Physical Development.

3. Objectives

- Working towards ensuring all staff, governors and families embrace the policy in a positive manner.
- To integrate the aims into the nursery ethos, particularly where food is provided on-site, through the children's learning and development and social activities.
- To work within the Health and Safety guidelines regarding food preparation and storage.

4. Provision of Food across the School

4.1 Breakfast

Breakfast is on offer throughout the School as follows:

Over 3's

The children who attend between 8am and 8.45am are offered breakfast at 'Breakfast Club'. This is in a different area of the nursery. A choice of cereals is available and /or toast (with jam/honey/ marmite), a variety of fresh fruit is offered and milk or water to drink.

4.2 Snack Times

A mid morning and a mid afternoon snack of fruit is offered as appropriate (according to the age of the children). There is a choice of fruit offered.

4.3 Lunchtime

Parents can choose to send their child with a packed lunch or buy a hot meal from the school meals provider. Packed lunch boxes are stored in a cool place – parents are encouraged to provide a chilled pack to keep the food fresh.

Hot lunch is on offer across the Centre. The menus are compiled by the school meals provider Taylor Shaw.

Menus are displayed allowing parents to see the variety of meals on offer, Special diets are catered for in line with the child's needs. The hot lunch is brought by courier from a local school kitchen. On arrival the food is probed and the temperature recorded.

The food is served by nursery staff and lunchtime supervisors who encourage the children to try new dishes.

All cultural and religious needs are catered for. All staff are informed regarding specific allergies – dietary needs and these are catered for appropriately.

5. Promoting Good Practice

Some staff have in the past attended a healthy eating conference 'Healthy Eating in Schools', the focus for Broomhall being healthy lunch boxes and breakfast clubs.

6. Creating Awareness

We work with Zest, particularly around healthy lunchboxes. Parents are invited to open days where a selection of healthy options are displayed. Handouts are provided with a variety of ideas.

7. Links to Children's Learning

- Staff work with groups of children giving opportunities to explore flavours and textures of healthy food, through cooking activities.
- Growing fruit and vegetables in the nursery allotment.
- Through links to stories.
- Children have the opportunity to sample foods from different cultural and ethnic backgrounds.

8. Food Hygiene

Children are always reminded about the importance of hand washing. When working with food, children are encouraged to follow basic hygiene routines – wearing apron, washing hands before and after working with food. Relevant staff have food handling qualifications.

9. Monitoring and Assessing Policy

The policy will be reviewed on a yearly basis, as are all the School policies, and adopted by the governing body and staff team.