



# Nutrition Policy

## UNCRC Article 3- Best interest of the child and Article 24- Health and health services

We aim to promote healthy eating within the Nursery through projects we do with the children, through communication with the children's parents/carers and the structure of the day at the Nursery.

We are committed to equality of opportunity (please see our Equal Opportunities policy), and plan our program to extend the children's experience and knowledge of other cultures, celebrations and festivals, to include the different foods eaten.

We try to make the children aware of the different food groups and the need for a balanced diet through play and discussion.

Our registration form, which is completed by parents in respect of every child, asks the parents to record if the child suffers from any allergies (including food intolerance) and whether the child has any special dietary requirements (e.g. vegetarian, religious, cultural, medical).

Water is available for whenever the children are thirsty (the children are made fully aware of this when they join us.)

We request that parents support us in our healthy eating aims when providing packed lunches for their children in the following ways:

- All items to be stored in nursery's refrigerator must be in a small container or wrapped with child's name on it
- Pack drink in a non-breakable container with your child's name on it
- Avoid any foods such as crisps, chocolate, sweets or fizzy drinks or any other foods with high levels of additives/colourings (some children are highly sensitive to these ingredients which can severely affect their behaviour and/or make them sick)
- Avoid any foods with a nut content as children with a severe allergy to nuts can suffer extreme reactions even via indirect contact.
- Fruit or vegetable and dairy snacks are encouraged.
- Fruit such as grapes and other foods like small sausages that could be a choking hazard should be cut in half or in small portions.

We are of course conscious of parental choice and where possible will comply with parent's wishes regarding the above.

Any uneaten food will be left in the children's lunch boxes so parents can then see what the child has or has not eaten.

Children may have a hot lunch served to them in nursery. These are prepared by the school kitchen and meet the 'Healthy Schools' requirements.

We aim to promote hygiene by getting the children to wash their hands before snacks or meals (for further information please see our Health and Safety policy) . We try to make snacks and meals sociable occasions with the children sitting down together in small groups. We also ask our staff when eating with the children to adhere to this policy.

**This policy was adopted at a meeting of Stoborough Committee on.....**

**Signed on behalf of the Committee by .....**

**Date of review.....**

