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# ST CLARE'S ABBEY NURSERY UNIT



## HEALTHY EATING POLICY

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## **HEALTHY EATING POLICY**

### **INTRODUCTION**

At St Clare's Abbey Nursery Unit, we believe that proper nutrition and fluid intake are essential to all members of the Unit community if they are to fulfil their potential in life.

Proper nutrition is essential for good health and effective teaching and learning. We believe that all messages about food and drink within the Unit should be consistent.

As a Unit, we want to play our role in establishing and maintaining life-long healthy eating and drinking habits.

### **AIMS**

- To encourage, through the curriculum, the desire to make a healthy choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To have a pleasant and sociable dining experience which enhances the social development of all children
- To encourage foods that are rich in vitamins and minerals.
- To encourage a balanced diet
- To offer milk and water to drink
- To encourage fluid intake with an easily accessible water supply throughout the day
- To take into account and accommodate dietary requirements
- To ensure high standards of hygiene amongst the children
- To develop healthy eating habits that will last a lifetime

### **CATERING**

At St Clare's Abbey Nursery Unit, we believe that all messages about nutrition need to be consistent.

- Individual dietary needs are catered for within the framework of nutritional standards
- Children are encouraged to drink water or milk with their snack
- To integrate healthy eating and drinking habits in all aspects of Unit life

### **BREAKFAST AND LUNCH**

Recognising parental responsibility and Unit / Parent partnership, children are encouraged to have breakfast before leaving home for the morning class and lunch prior to the afternoon class. This will be done through discussion at snack time and the Personal, Social and Emotional Development curricular area.

### **SNACK**

- All children are encouraged to participate in the snack routine
- Milk or water is on offer at snack times

A selection of healthy options is offered for snack. These include:

- Fresh fruit
- Vegetables
- A variety of breads
- Crackers with butter or cheese.

The parents are advised that the cost of snacks for this academic year will be £10.00per month.

This includes the cost of healthy snack foods and other sundry items such as baby wipes, tissues etc. not covered by requisition.

This monthly contribution also funds extra-curricular activities for the children, such as music specialists.

### **CELEBRATIONS**

To celebrate their birthday, children will be permitted to bring only a "Sainsbury's" nut free cake sealed in its original box. This is to protect children who may have potentially life-threatening nut allergies. Therefore, we insist that no other foods or snacks are sent into the Nursery with children.

### **ALLERGIES**

In order to protect children with allergies, e.g. peanut with risk of anaphylaxis, parents are asked to disclose this information at the initial parent interview. Parents will be made aware that St Clare's Abbey Nursery and Primary School are completely nut free.

### **DRINKS**

We recognise that low fluid intake can lead to poor concentration and lethargy, reduced physical performance and health problems including headaches and urine infections.

All children and staff have free access to water throughout the day.

### **SWEETS**

Parents and children are asked not to bring or send sweets into the Nursery Unit.

### **TEACHING AND LEARNING**

Initially, staff will sit with children during snack times to provide a good role model, encourage good manners and lead conversation.

Food and cooking activities are used in a variety of ways to widen the children's experience as they are given the opportunity to touch, taste, smell and feel a variety of foods.

### **EQUAL OPPORTUNITIES**

The healthy eating and drinking systems and strategies in our Unit will be accessible to all children and staff regardless of race, gender and SEN.

### **HEALTH AND SAFETY**

Food will be stored according to instructions on packaging and common sense.