



### **Colgrain ELC**

### **Healthy Eating Policy**

**Last Updated: August 2024**

This policy is underpinned by the UNCRC and Health and Social care Standards as reflected below

<b>Articles of the UNCRC (<a href="#">the UN Convention on the Rights of the Child</a>)</b>	
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<b>Article 24</b>	Healthcare for children and young people should be as good as possible. Children and young people have the right to be both physically and mentally fulfilled.
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At Colgrain ELC, we regard snack and mealtimes as an important part of the settings session. Eating represents a social time for children and adults and helps children require independent skills and implement knowledge of healthy eating.

#### **Aims**

At snack time we aim to provide nutritious food, which meets the children's individual dietary requirements. We follow nutrition guidance from 'Setting the Table' and NHS guidance when planning our menu for the children.

#### **Methods**

- Children have opportunities to plan and order snack each week.
- Parents will give information of their child's dietary requirements and all staff will be aware of these requirements.
- Staff show sensitivity in providing children's diets and allergies. Children will not be singled out because of their dietary requirement.
- Children receive only food and drink that is consistent with their dietary requirements as well as their parent's wishes.
- Menus are displayed for children's lunch options.

- We ask parents not to provide their children with sweets, chocolate or cake as part of healthy eating.
- All snack is prepared in the kitchen by Kitchen Staff who are trained in Food Hygiene.
- **We are a nut free establishment.**
- We encourage independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water constantly available for the children and are actively encouraged to drink water.
- Parents will be advised if their child is not eating well.
- Children are not to swap food in the establishment for allergy and dietary precautions.

### **Packed Lunches**

1. Parents are informed that we encourage healthy eating in the establishment.
2. Encourage packed lunches with the following – sandwich with a healthy filling, fruit, yoghurt and milk or water.
3. **Parents are discouraged from sending in sweets, chocolate based foods, biscuits and cakes.**
4. Ensure staff sit with children while they eat their lunch so that mealtime is a social occasion.
5. Children will be encouraged to develop good eating skills and table manners. They will be given plenty of time to eat.

I have read and understood this policy.			
Staff Name - Print and Sign	Date Reviewed		
Chelsey Dolan	March 23	August 24	
Sandra Cunningham	March 23	August 24	
Wilma Brown	March 23	August 24	
Gillian Dougan	March 23	August 24	
Fiona Porter	March 23	August 24	

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