



## **Healthy Eating policy for All Saints CE Primary School Nursery**

### **Ethos**

In the Early Years at All Saints CE Primary School we regard snack and meal times as an important part of our day. Not only are our snack times a social time where children can learn about healthy eating but we are also available to support children to achieve or maintain a healthy weight, prevent tooth decay and help them to achieve the best start in life and to be school ready.

We recognise that healthier children learn more effectively and we strive to have an impact on health related issues such as obesity and poor dental health which are significant factors not only nationally but particularly in Stockport. All Saints provides snacks which are healthy and meet children's individual dietary needs.

We understand that early food experiences have an important effect on adult eating patterns and may influence attitudes to eating, we are committed to ensuring that the provided food supports the development of healthy eating practices in future.

This policy supports meeting the requirements of the statutory framework for the early years foundation stage September 2021 which is mandatory for all early years providers.

### **Aims**

- To ensure that all food and drink provided outside of mealtimes contains no added sugar and is 'tooth safe' and appropriate in portion size
- To enable our setting to take a consistent approach to food and drink
- To work in partnership with parents to support children's healthy weight, oral health and emotional wellbeing, all of which contribute to school readiness and giving children the best start in life
- To create healthy habits and encourage enjoyment of a wide range of healthy foods

As part of this policy we ask parents/carers to:

- Encourage healthy eating habits at home and support healthy eating at nursery
- Ensure their child has a good breakfast before nursery
- Provide a well-balanced and portioned packed lunch if their child is not having a school meal

- Follow the birthday guidelines as explained below
- Reduce the amount of sugary food and sugary drinks their child consumes
- Help their child brush their teeth twice daily and visit the dentist regularly

Staff will:

- Share information in regards to healthy eating and good oral health with parents/carers
- Complete relevant training, including that needed to achieve the Stockport Start Well 'Tooth Safe' award
- Provide snack that is based on cereal foods, fruit and vegetables rather than confectionery and soft drinks
- Promote optimal oral health by providing milk and water
- Organise meals and snack times so that they are social occasions in which children and staff participate
- Be good role models in terms of healthy eating
- Provide children with utensils that are appropriate for their ages and stages of development
- Provide feedback to parents/carers regarding how their child has eaten
- Offer snacks at appropriate times. Children will be expected to sit down within a set time period to eat their snack in order to establish regular eating patterns and discourage grazing. This models healthy habits and supports good relationships and communication. This will allow appropriate intervals between eating to encourage appetite control.
- Encourage and support children to help themselves in choosing snacks, pouring their own drinks and cleaning up after themselves
- Not give food based rewards or treats. An exception will be made for marking religious or cultural occasions, for example Christmas, Divali, Hannukah, Easter and Eid, and fundraising events at the discretion of the headteacher
- Continue to work towards completing the Stockport Start Well 'Tooth Safe' award and display our certificate when completed.

## Birthdays

For hygiene, health, safety and allergy risks we do not let parents give out birthday cake even to take home as this could bring on liability for food poisoning. We will not hand out sweets or other confectionary items. Please see below for alternatives to food should parents/carers wish to celebrate their child's birthday

- Bring in a small gift for other children instead of cake or sweets such as bubbles or pencils
- Birthday child brings in a book for staff to read to the children

#### How we celebrate a child's birthday

- The birthday child will take home the 'Birthday Bear'
- The birthday child will be displayed in a special place within the classroom
- The birthday child will have birthday crown/hat and sticker to wear
- We will sing "Happy Birthday" to the birthday child
- The birthday child will be able to choose a gift from the 'Birthday Box'

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