

Food, Nutrition & Healthy Eating Policy

Reviews and Amendments:

• Implemented	02 nd January 2013	Laura Leigh Wayman
• Amended	16 th August 2013	Laura Leigh Wayman
• Amended	05 th January 2014	Laura Leigh Wayman
• No changes	06 th November 2014	Laura Leigh Wayman
• Updated	16 th October 2015	Laura Leigh Wayman
• Updated	18 th February	Sara Bradley
• Reviewed	08 th March 2017	Carla Gibson

Child's Play Private Nursery Ferryhill

Policies and Procedures

Food, Nutrition and Healthy Eating Policy

At Child's Play Private Nursery we aim to provide a varied, well-balanced, nutritious diet that reflects a variety of different cultures for all children. We aim to ensure that meal times are a relaxed, enjoyable experience, the setting employs **Karen Wayman** as a Healthy Eating Coordinator. Children will be encouraged to develop good eating habits, increase their self-help skills and develop socially.

In order to achieve this:

- We use as much fresh produce as possible.
- We adopt a home cooked approach that avoids the use of prepared and processed foods.
- We use well-respected local suppliers where possible.
- We provide nutritious snacks at appropriate times during the day.
- We offer regular drinks to all children; ensuring water is readily available for children throughout the day.
- We keep the salt content in all foods provided to a minimum.
- We provide full fat milk and yoghurts for children under the age of two, as recommended, children over two will be provided with semi-skimmed milk.
- We minimise the addition of sugar to foods, substituting alternatives such as honey and fruit.
- This approach will help support a healthy lifelong relationship with food.
- Our menus have been formulated with the help of a Nutritional Therapist to provide the specific nutritional requirements of young children. (Laura Wayman, was advised by a Nutritional therapist at a one point hub cluster meeting)
- When planning our menus particular consideration is given to addressing key areas in a child's development.
- Menus will be displayed for parents to see in the nursery area with allergen advice information clearly displayed also.
- Children's individual dietary needs will be discussed with parents and an appropriate menu drawn up.
- The consistency of food will be appropriate to the child's age and stage of development.

An appropriate environment will be provided which encourages independence, the development of good eating habits and the children's social skills, such as:

- Staff will, where possible, eat with children but will always encourage social interaction and provide a good role model.
- Tables will be arranged in small groups with room for adult interaction and supervision.
- Sufficient space will be provided for each child to eat comfortably at the table.
- Appropriately sized cutlery and crockery will be provided suitable for the children's age and stage of development.
- Children will be given sufficient time to eat their meal to ensure that it is a sociable occasion.
- Babies who require bottle-feeding will be held by a member of staff (if possible their

- Special Carer) and never left unsupervised.
- Food and drink will not be used as a bribe or punishment.
- Children will not be denied food or drink, for example if they have not eaten their first course they will still be offered a second course.
- Staff members/ special carers will liaise with parents if they have any concerns about the child's eating habits or diet.
- Children will be encouraged to help with preparation, serving and clearing away at meal times, as appropriate to their age and stage of development.
- When serving meals, staff will take account of individual children's appetites and appropriate portion sizes will be provided.
- Children will be encouraged to try all foods but never forced to eat anything they do not want to. Their likes and dislikes will be discussed with parents and taken into account.
- Children who require additional support at meal times will be seated close to an adult who will encourage and support them.
- It is Child's Play aim that 100% of staff will hold relevant and valid food handling/hygiene qualifications and training. If they do not hold this prior to joining the setting, training will be arranged after successful completion of their six months probationary period.
- Children are encouraged to self-serve both food and drinks this is suitable for the children's age and stage of development this is supported by staff members

Reducing choking hazards

<http://www.telegraph.co.uk/news/health/children/11932681/Toddler-dies-after-choking-on-a-grape-from-Pizza-Hut.html>

Grapes are a popular fruit with parents and children and unfortunately due to their shape the potential choking hazard can on occasions be over looked. This issue here isn't the child's ability to eat the food but the actual shape of the food, it is the perfect shape to unfortunately block the windpipe and if it blocks it is almost impossible to remove.

Child's Play think it is highly important that we help to highlight the issue of not just grapes as a choking hazard but all cylindrical (round/ circular) foods for example sausages, carrots and cherry tomatoes

We actively encourage everyone to cut these foods in half (length ways) creating more of a 'moon shape' before giving children these foods to eat.

This belief is reflected in our daily practices, risk assessments and policies here at the nursery and will continue to encourage to all families in the home setting so that hopefully we never have to read about another tragedy such as Jacob.

Cutting the food down the middle is a very simply and easy step to help ensure our children are safe....