Promoting health and hygiene

27. Healthy Eating at Nursery

Policy statement

Plymouth Schools follow something called the 'Early Years Foundation Stage nutrition guidance (recently updated May 2025)' by Gov.Uk. So we as a Healthy Eating Nursery want to encourage children to eat well and be prepared for going to Primary School in the future.

Procedures

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents/carers their children's dietary needs and preferences, including any allergies/intolerances, religious and cultural beliefs.
- Their dietary needs are recorded on their registration form prior to starting, and this is then added to our allergy/intolerance list with photo's of the child. This is then displayed for staff to be informed in each room.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves. In Toddler Room the children are encouraged to pour their own water or milk from small jugs. In Pre-school the children have 'Snack cafe' where they can choose when/if to come up for snack and what they would like to choose. They also pour their own drinks and then wash their own plates.
- For each child under two, we provide parents with daily written information about feeding routines, intake and preferences.

<u>Snack</u>

We provide the children with a healthy snack each mid-morning. This snack consists of a piece of fruit, vegetable, breadsticks, fruit toast and a drink of water or milk.

<u>Packed lunches</u>

Parents are required to provide a packed lunch for their child if they are staying for lunch, (or you can order a school lunch).

We aim that lunchtime is a happy, relaxed time where children socialise together with adults in small groups. We also aim that the children will be as independent in eating their lunch as possible.

Please help us by providing the following items:

Suitable lunchbox clearly labelled with your child's name.

Cool/ice pack (to keep food cool and safe)

A drink which the children can easily manage themselves.

<u>1 main savoury</u> - (bread, rice, pasta or potatoes) - These starchy foods are a healthy source of energy.

For example: sandwich, tub of pasta, pitta, wraps, bread roll, hot option to heat up

<u>1 additional savoury (optional)</u>

For example: breadsticks, crackers

Fruit and vegetables (at least one portion of each) - These provide vitamins, minerals and fibre

For example: pieces of carrots and cucumber sticks, sliced peppers, cherry tomatoes, cut apples, orange, cut grapes (these must be cut lengthways to reduce choking hazards), bananas, fruit salad, berries, etc

Milk and Dairy (include one portion) - These foods provide calcium for healthy bones and teeth

For example: a pot of rice pudding/custard or yoghurt, a piece of cheese (matchbox size) two triangle of cheese.

Meat, fish, eggs & beans (include 1 portion but this can be included in the sandwich) - These foods provide protein for growth

For example: Slices of cooked meat, hard boiled egg, fish, hummus.

1 treat- biscuit, cereal bar, cake bar, crisps (no confectionary). These should be offered in moderation, all these items are very high in fat and salt so please try to limit them by only providing them occasionally or one a day.

We will encourage your child to eat as much as he/she wants. Any uneaten food will be put back in the lunchbox to help you to estimate how much to send in next time.

The treat will only be offered if your child has attempted to eat their savoury and fruit option. Limiting high fat/sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease and diabetes.

Items that are not allowed as part of our Healthy Eating policy and following the guidance given from the EYFS Nutrition Guidance are:

- Nuts of any kind including peanut butter and nut based chocolate spread.
- Chewing gum/bubble gum
- Confectionary (sweets, lollypops) Children have asked if they are allowed to bring them in to give out to their friends on birthdays, this is allowed as it will be sent home at the end of the day.
- Fizzy/energy drinks

It is important to ensure that food provided from home aligns with the healthy options offered by the setting, so that children receive consistent messages about nutrition.

This policy was adopted at a meeting of	Plympton St Maurice CCC	name of setting
Held on	03/10/2012	(date)
Date to be reviewed	Annually	(date)
Signed on behalf of the management	A L Rogers	
Name of signatory	A L Rogers	
Role of signatory (e.g. chair/owner)	Business Manager	