



## Healthy Eating Policy

### Purpose of the policy

To provide a healthy and nutritious meal for all children at Little Dreams Nursery. We follow **Setting the Table (Nutritional Guidance and Food Standards for Early Years Childcare Providers in Scotland 2014) Published by NHS Health Scotland alongside the Food Matters Document Published by the Care Inspectorate (2018).**

Information detailed below was taken from the document "Setting the table".

*"This guidance celebrates the contribution that childcare providers can have in shaping the future eating patterns of young children in Scotland. Implementing this guidance will:*

- *champion the importance of a well-balanced diet and positive choices both with children and their parents*
- *assist providers to work with families who face the biggest challenges in providing a healthy diet for their children.*
- *highlight the importance of food as a tool for social development and learning".*

Information detailed below was taken from the document "Food Matters".

*"This resource celebrates the many ways in which early learning and childcare (ELC) settings are supporting children to have positive eating experiences and enjoy well-balanced, nutritious food".*

*"This resource complements, and should be used alongside, NHS Health Scotland's Setting the Table, the nutritional guidance and food standards for the ELC sector".*

### How the policy is implemented

Mealtimes should be social, learning times when we can sit down with our friends quietly to enjoy our food. Good examples of table manners and behaviour is given by a member of staff sitting with small groups of children. Children are encouraged to try new things and learn about healthy eating.

All snacks / lunch is provided at Little Dreams Nursery and are inclusive in the full-time fees.

All food is freshly prepared daily on site in our kitchen. All our menus are nutritionally balanced and designed in conjunction with "**Setting the table**" Nutritional Guidelines for children and "**Food Matters**" Document. Fresh fruit and vegetables are always available. Salt, sugar, and additives are kept to a bare minimum. At least three portions of fruit and vegetables are on offer each day.

We encourage children to drink water throughout the day. They have milk at snack times and water with meals. We also encourage them to bring a water bottle each day which they can access whenever they want to, we also have a water dispenser situated in the upstairs corridor, which the children can access daily.

All dietary requirements are catered for and weaning programs are followed in line with parent's / carers wishes and Health Authority Guidelines.

### Allergies / Dietary requirements

If you are aware that your child has an allergy / dietary requirement to certain foods or food product please ensure that you inform staff, and the information is added onto your child's individual care plan.

It is important that you tell us no matter how minor or severe the allergy is.

A list of children with allergies is kept in each department. All children have their own allergy cards for snack / lunch times detailing any allergy, dietary requirements so that all staff are fully aware.

As some children have known allergies, we kindly request that parents do not bring in food from home unless this has been agreed by the management of the nursery. Any products which are taken in to share with the children (such as a birthday cake) must be shop bought, in the original packaging which clearly states the list of ingredients.