

Coten End Preschool CIO

HEALTHY EATING POLICY

Snack and mealtimes are an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We aim to provide nutritious food, which meets the children's individual dietary needs and preferences.

The setting recognizes that healthier children learn more effectively.

We are aware that a bad diet can have an impact on a child's health, such as obesity and poor oral health. If we have any concern regarding a child's health we will discuss with individual parents, or direct them to www.henry.org.uk.

Foods that contain any of 14 allergens identified by the FSA are identified on menus. When planning menus, the setting manager and chef ensure that:

- A 3 week menu is in place and is termly, taking into consideration children's preferences and seasons.
- Menus reflect children's cultural backgrounds, religious restrictions and the food preferences of some ethnic groups.
- Menus are displayed on Famly, so that parents and staff know what is being provided.
- Allergen information is available on Famly
- Parents must share information about their children's particular dietary needs with staff when they enroll their children and on an on-going basis with the manager or chef
- The chef shares information daily, about the children's levels of appetite and enjoyment of food with parents.
- The cook maintains a record of children's dietary needs in a Food Allergy and Dietary Needs folder.
- Chef provides a vegan alternative when meat or fish is offered
- All staff show sensitivity in providing for children's diets, allergies and cultural or ethnic food preferences.
- A child's diet or allergy is never used as a label for the child, they are not made to feel 'singled out' because of their diet, allergies or cultural/ethnic food preferences.
- Meal and snack times are supervised and organised as social occasions.

Fussy/faddy eating

- Children who are showing signs of 'fussy or faddy eating' are not forced to eat anything they do not want to.
- Staff recognise the signs that a child has had enough and remove uneaten food without comment.
- Children are not made to stay at the table after others have left, if they refuse to eat a certain item of

- food
- Staff work in partnership with parents to support them with children who are showing signs of 'faddy or fussy eating' and sign post them to further advice, for example, How to Manage Simple Faddy Eating in Toddlers (Infant & Toddler Forum) <https://infantandtoddlerforum.org/health-and-childcare-professionals/factsheets/>

Birthdays

The setting understands that many families, do not have other family members or friends living locally. If parents wish to bring a birthday cake into the setting, so that their child can celebrate with their preschool friends they may; however, we do ask that the cake is shop brought and that it clearly states the ingredients.

Drinks

We ask all parents to provide a dishwasher safe water bottle, that is left at the setting. This bottle will be washed in a dishwasher and filled with fresh water daily.

The setting encourages milk or water to be drunk at snack and lunch time.

However, we do offer weak, sugar free squash when we are in a heat wave. This is to ensure that no child becomes dehydrated throughout the day.

We provide cows milk to all children. If your child requires a non dairy milk – you must provide this for your child.

Meals and snacks

Preschool provides 1 breakfast, 1 hot meal and 2 snacks daily.

Breakfast 8am – 8.15am

Morning snack – 9.15am – 10.15am

Lunch – 11.45am – 12.15pm

Afternoon snack 2.00pm – 2.30pm

Late snack 3.15pm – 3.45pm

- Morning breakfast and late afternoon snack will consist of a carbohydrate based food and drink.
- Snack times - we offer fresh fruit/salad vegetables and savoury biscuits. These are donated by parents.