



The Secret Garden Pre-school  
Wellington Avenue  
Princes Risborough  
Bucks HP 27 9HY  
07759 582307

## **Healthy Eating Policy**

The Secret Garden Pre-school recognises the important relationship between a healthy diet and a child's ability to learn effectively and achieve high standards. We recognise the role our pre-school can play, as part of the larger community, to promote family health. We believe that the sharing of food is a fundamental experience for all people, a primary way to nurture and celebrate cultural diversity and an excellent bridge for building friendships. Eating represents a social time for children and adults and helps children to learn about healthy eating.

### **Aim**

We aim to provide nutritious food, which meets the children's individual dietary needs and the full requirements of The Early Years Foundation Stage.

### **Methods**

- Before a child starts to attend the pre-school, we find out from parents their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- We display the snacks for the information of parents.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We ensure perishable contents of packed lunches are kept as cool as possible.
- Inform parents of our policy on healthy eating;
- Encourage parents to provide a healthy packed lunch for their child, using the lunch suggestion sheet.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.



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- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.
- We inform parents who provide food for their children about the storage facilities available in the pre-school.
- In order to protect children with food allergies, we have rules preventing children sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed milk.
- We actively encourage children to wash their hands before handling food.
- We organise snack times so that they are social occasions in which children and staff participate.
- We use snack times to help children to develop independence through making healthy choices, serving food and drink.
- Staff who prepare snack have basic food hygiene training and a knowledge of healthy eating.

### **THE ROLE OF PARENTS/CARERS**

The Pre-school is aware that the primary role in children's healthy eating education lies with parents/carers. We wish to build a positive and supporting relationship with the parents/carers of children at our school through mutual understanding, trust and cooperation.

In promoting this objective we will:

- Inform parents about the school healthy eating education policy and practice
- Encourage parents to be involved in reviewing school policy and making modifications to it as necessary, using the policy of the month procedure
- Inform parents/Carers about the best practice known with regard to healthy eating so that they can support the key messages being given to children at pre-school.

The pre-school adopted this policy on ...7<sup>th</sup> January 2011.....

By Hayley White

Signed on behalf of the staff..... *HWhite*.....