

# Rosy Cheeks Nurseries

## Healthy Eating Policy

**Rosy Cheeks Nurseries** are committed to providing healthy, nutritious and tasty vegetarian food and drinks for the children attending our sessions. We endeavour to ensure that food and drink is safely prepared and in consideration of the dietary, religious and cultural requirements of all the children.

Staff will apply the provisions of the **Health and Safety policy** when preparing food and drink.

Our Staff hold Food Handling certificates and are trained in food storage, preparation, and cooking and food safety.

Parents/carers are required to complete the registration form, notifying us about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. Children who have specific likes and dislikes will be encouraged to taste other foods.

We will never force a child to eat or drink something against their will.

Withholding or granting of food and drink will never be used as either a punishment or reward. Mothers who are still breast feeding are welcome to use our facilities where a private room can be used.

Formula milk bottles will be made on site. Parents will provide unopened boxes of milk along with bottles and staff will prepare any feeds to the manufacturer's recommendations, this includes preparing formula with boiled water onsite to ensure sterilisation of milk powder. All feeds will be disposed of after 2 hours following health guidelines. Parents will be informed of their child's eating routine verbally and through their home/nursery diary.

### Healthy Eating

**Rosy Cheeks Nurseries** will endeavour to promote healthy eating and will lead by example.

- Staff will discuss with children the importance of a balanced diet where appropriate
- Fresh drinking water will be available at all times
- The nursery will ensure that snack time incorporates plenty of fruit, low fat and low sugar food
- The nursery will provide a variety of healthy drinks mainly water and milk.
- Good quality brown and white bread will be offered along with other starchy foods such as pitta and crumpets.
- The nursery will not regularly provide sweets for children (celebration times only)
- Alternative snacks and meals will only be provided when medically necessary.(where children are showing signs of fussy eating they will be encouraged to eat along with the group and therefore will not be offered alternatives) This will be discussed with parents if we feel there is an ongoing concern.
- Excessive amounts of fatty or sugary foods will be avoided
- We commit to meeting particular dietary requirements, accepting medical, cultural and religious needs
- Children will be introduced to a variety of religious and cultural festivals and events and will be encouraged to try the foods and drinks associated with them.
- A smoke free environment will be maintained at all times.
- Parents will be encouraged to support the nursery by avoiding bringing sweets and sugary drinks on arrival and collection.

- Children who arrive with sweets or sugary drinks will be discouraged from entering the building until they have consumed their items. Alternatively these products will be stored safely until the child leaves at the end of their session.
- To ensure we meet our healthy eating guidelines we will only offer meals and snacks that have been purchased, stored and prepared on site. Therefore jarred baby food will only be given on the advice from the health visitor/medical practitioner.
- We are a vegetarian nursery and therefore do not purchase, store, prepare or offer the children any meat or meat products during meal and snack times.
- For celebration purposes when we ask for home donations we will give individual advice on storage and preparation.
- We encourage all our families to have family meals at home to support social interactions and family bonding.

Rosy cheeks Nurseries follow guidelines published by our local authority and environmental health. These agencies are regularly consulted for advice.