**Healthy Eating Policy**

**Statement of Intent.**

Nutritious food is essential for children’s well being. Children in the care of Little Acorns @ Our lady and St Oswald’s Pre-School will have hygienically prepared healthy food that, where necessary, complies with dietary and religious requirements.

**Snacks.**

Nutritious snacks such as:

* A variety of fruit and vegetables
* Wholemeal toast.
* Bagels.
* Crackers/breadsticks.
* Cheese.
* Healthy cereal.

Semi-skimmed milk and fresh water are provided at snack times.

**Drinks.**

Children are encouraged to drink more in warmer weather and after physical play.

The Pre-School adopts the following to support healthy eating and well being.

* A record of any special dietary, religious needs and food allergies or intolerances is kept in the kitchen for staff preparing food, cooking or baking with children. Records are also kept in individual children’s personal files.
* All staff, cover staff and students are made aware of and are sensitive to individual children’s needs.
* Foods and drinks provided will be sensitive to any dietary requirements. Staff will ensure food and drink is suitable for individual children prior to offering it. Suitable alternative food and drinks will be purchased and provided when necessary.
* Children are reminded to and helped to wash and dry their hands before eating.
* To encourage independence children are encouraged to choose their own snacks and pour their own drink from a jug into small plastic cups.
* Only members of staff and volunteers who have up to date food hygiene training will prepare food and snacks for the children.
* On occasions, such as religious festivals being celebrated, cooking/baking sessions, cooked snacks and food are made at the Pre-School for consumption by children and staff. Staff will ensure these are suitable for children’s individual requirements prior to offering them.
* If a child with a food allergy is staying for lunch, if necessary all of the other children’s lunch boxes will be checked to see if any foods causing the allergy are present. If the staff decide there is high chance of the child with the allergy eating or coming into contact with the food then the child with the related food and the child with the allergy will be separated (sat at opposite ends of the table). Parents of both children will be notified of the reason for this action.
* Children will wash their hands after eating, when necessary, with support from an adult to ensure any food is washed off.
* If a child has a serious allergy then all parents/carers will be notified via the Pre-School newsletter to provide alternative foods for lunchboxes, in order to provide a safe environment.
* Hot lunches are provided by Our Lady & St Oswald’s Primary School. They are informed of any special dietary requirements and provide suitable alternatives when necessary. These alternatives are labelled.
* At lunchtimes staff will supervise and support the children. When possible there will be one member of staff or a student at each table. The adult will be a positive role model for healthy eating and encourage good table manners.
* Children are encouraged to practice their speaking and listening skills during lunch and snack times and are given plenty of time to eat.
* Advice will be given to parents about suitable foods to bring from home. This is achieved by sending home ‘healthy lunchbox guidelines’ with the prospectus and registration forms.
* Each child’s drinking and eating is monitored and parents/carers are informed of any concerns by the child’s key Person either verbally or via Tapestry.
* As part of the daily routine, children have access to free flow indoor/outdoor play. Sunshine helps their bodies make vitamin D and physical exercise and fresh air is important to health and well being.
* Staff and adult hot drinks are only consumed in the kitchen/office area, this is the safe area provided and is separated from the children’s area by a lockable child gate.
* The Leader will notify Ofsted of any food poisoning affecting two or more children looked after on the premises. Notification will be made within 14 days of the incident.
* If a child’s individual dietary requirements change at any time where the child has at one time had an allergy/intolerance, parents MUST provide written permission to the Pre-School to enable staff to start providing the newly permitted food. A copy of this permission will be forwarded to the primary school kitchen where necessary.

This policy was adopted at a meeting of Little Acorns @ Our Lady & St Oswald’s Pre School held on (Date)...................................................................................................

Signed on behalf of management committee................................................................

Role of signatory............................................................................................................

Term to be reviewed......................................................................................................