

MANOR HOUSE SCHOOL EYFS HEALTHY FOOD POLICY

Date of Issue: **January 2024**

Date of Review: **January 2025**

Responsibility: **Director of Nursery Education**

References:

EYFS Statutory Framework

Independent School Standard Regulations (2014);

Overview

It is the aim of the school to provide healthy nutritious food and snacks throughout the school day. We believe snack time and meal times should represent a social time for children and adults and encourage children to learn about healthy eating. We aim to provide a balanced diet for the children, which covers their dietary needs.

Dietary requirements

Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies.

Parents are provided with a form to complete if their child has any allergies or cultural dietary needs. This information is passed to the nursery staff and the catering team.

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 that is consistent with their dietary needs and preferences, as well as their parents' wishes.

Food and Drinks offered

We display the menu for all parents to view and it is posted on the weekly school newsletter. The school or caterers will also offer:

- a two course meal each day with an alternative choice from the jacket potato or salad bar. There is also a choice of healthy deserts on offer
- a light tea for those staying for Honeypots
- fresh water and milk to drink and offered fresh fruits as a snack
- Inclusion of cultural foods where possible to our menu
- Staff supervise the children eating a healthy, nut free snack provided by parents

The school will also:

- Ask all early years staff to complete the EduCare training on "Food & Hygiene".
- Continue to instill the no nuts policy across the whole school.
- Ensure each child has a water bottle filled with fresh water each day which is available at all times.

Staff Involvement

We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy. Staff will also:

- eat with the children at lunch time to supervise the children eating and model good table manners
- help children to develop independence through making food choices, and feeding themselves.
- provide children with utensils that are appropriate for their ages and stages of development

Oral Health

The school understands the need to promote good oral health and encourage good habits from an early age. Changes have been made to the long term curriculum to ensure Oral Health is addressed with the children.

Staff will ensure they:

- Invite a dentist to visit the children each year to talk about how to keep teeth healthy
- Include oral health into the curriculum linking it to relevant topics
- Show the children tooth brushing kits and talk about tooth brushing routines
- Refer to the need for healthy drinks and snacks to promote healthy teeth
- Read stories about healthy teeth and smiles

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