



Healthy Eating Policy	Date: January 2017	Revision No: 1	Page 1 of 5
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1. Statement

A balanced diet is essential for the maintenance and protection of health, to ensure that full mental and physical potential is reached each day and to optimise growth and development. Developing a healthy diet and good eating habits early in life will lay the foundations for future health.

We are following the recommendations as stated in the Healthy Lifestyle Eating Plan Document by the Education Division 2007 by following the main objectives:

- Providing a supportive school environment which promotes a healthy lifestyle and promotes healthy choices early in life.
- Having a flexible curriculum, which highlights healthy eating, exercise and hygiene.
- Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious.
- Provider to work with parents, promoting healthy eating awareness.

Littleminds learning centre recognises the importance of a healthy lifestyle and healthy eating habits.

Healthy eating is an integral part of promoting a healthy lifestyle, the foundation for the future. This is a whole Centre commitment.

2. Aims

- To make meal/snack times a pleasurable and safe experience.
- To support children and their families, creating an awareness of healthy eating and promoting as appropriate.
- Within the nursery setting, provide opportunities and experiences to develop children's knowledge and understanding of healthy eating concepts and the independence of eating on one's own.

3. Objectives

- Working towards ensuring all staff, and families embrace the policy in a positive manner.
- To integrate the aims into the nursery ethos, particularly where food is provided on-site, through the children's learning and development and social activities.
- To work within the Health and Safety guidelines regarding food preparation and storage.

4. Provision of Food across the Centre

4.1 Breakfast

For breakfast all the children eat fruit. We slowly encouraged this and to date all children bring fruit.

In winter time, we will introduce porridge as well.

4.2 Snack Times

A mid afternoon snack is offered, this too will have to be a healthy option.

4.3 Lunchtime

Parents usually send their child a main meal, which could consist of pasta, soup, meat and potatoes, vegetables or rice. Packed lunch boxes are stored in a cool place until ready to be eaten. All food are stored in the refrigerator and warmed up later.

5. Promoting Good Practice

Littleminds has cooking sessions every week with the children, we have invested in children's books that promote healthy options.

6. Creating Awareness

We also send newsletters to parents and always include a recipe which toddlers have liked.

7. Links to Children's Learning

- Staff work with groups of children giving opportunities to explore flavours and textures of healthy food, through cooking activities.
- Growing fruit and vegetables in little pots.
- Through links to stories.
- Children have the opportunity to sample foods from different cultural and ethnic backgrounds.

8. Food Hygiene

Children are always reminded about the importance of hand washing. When working with food, children are encouraged to follow basic hygiene routines - wearing apron, washing hands before and after working with food.

By September 2014 relevant staff has food handling qualifications.

9. Monitoring and Assessing Policy

The policy will be reviewed in September 2018.