**John Logie Baird ELCC**

**Healthy Eating Policy**

John Logie Baird ELCC regards snack times as an important part of the settings session. Eating represents a social times for children and adults and helps children require independent skills and implement knowledge of healthy eating.

Aims

At snack time we aim to provide nutritious food, which meets the children’s individual dietary requirements. We follow nutrition guidance from ‘Setting the Table’ and NHS guidance when planning our menu for the children.

Methods

1. Audrey Walker currently leads the Health Team where the children have opportunities to plan and order snack.
2. Parents will give information of their child’s dietary requirements. These will be logged in the Dietary and Allergy folder in each group.
3. Staff show sensitivity in providing children’s diets and allergies. Children will not be singled out because of their dietary requirement.
4. Children receive only food and drink that is consistent with their dietary requirements as well as their parent’s wishes.
5. Menus are displayed for children’s lunch options.
6. We ask parents not to provide their children with sweets, chocolate or cake as part of healthy eating.
7. All snack is prepared in the kitchen by Kitchen Staff who are trained in Food Hygiene.
8. **We are a nut free establishment.**
9. We encourage independence through making choices, serving food and drink and feeding themselves.
10. We have fresh drinking water constantly available for the children and are actively encouraged to drink water.
11. Parents will be advised if their child is not eating well.
12. Children are not to swap food in the establishment for allergy and dietary precautions.

**Packed Lunches**

1. Parents are informed that we encourage healthy eating in the establishment.
2. Encourage packed lunches with the following – sandwich with a healthy filling, fruit, yoghurt and milk or water.
3. **Parents are discouraged from sending in sweets, chocolate based foods, biscuits and cakes.**
4. Ensure staff sit with children while they eat their lunch so that mealtime is a social occasion.
5. Children will be encouraged to develop good eating skills and table manners. They will be given plenty of time to eat.

**Article 24 -** Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and wellbeing so that children can stay healthy.

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