



Healthy Eating Policy

This policy will be reviewed on an annual basis

Aim: to promote healthy eating and healthy lifestyles.

This policy is written in accordance to the Early Years Foundation Stage 3.45 page 22.

At Pippins pre-school and nursery we promote healthy eating by encouraging children to make healthy choices. We refer to the governments Healthy Eating Plate. We teach them about healthy food and a well balanced diet. "We are a Nut Free setting" - we explain to children nuts are healthy for them to eat out of the setting however some children are allergic to them. We promote 5 a day is the healthy way.

Information regarding food or drink allergies, special dietary, religious or health requirements and preferences will be obtained from the parent or carer prior to the child starting at the setting. This information is gathered during induction and from the registration form.

Having received information we record and document it on a list, which is available for all Early Years Educators who prepare food and drink.

Water or milk to drink. Water is available at all times to drink.

Food and drink consists of a range of seasonal fruit and vegetables, homous dip to accompany this.

Crackers, wholemeal bread or toast is offered after their fruit and vegetables.

Any grapes, cherry tomatoes, blackberries provided either by the setting or by a parent/carer in a child's lunchbox Early Years Educators will cut them in quarters to prevent a child from choking.

We offer a variation of food and drink connected to festivals or children's interests for example porridge when learning about goldilocks and the three bears or pancakes on pancake day or stir-fry for Chinese new year.

This policy was adopted at a meeting of Pippins Pre-school and nursery

Held on Wednesday 20th October 2021

Signed on behalf of the Management Trustee Director

Role of signatory (e.g. chairperson etc.)

21/10/21

Chairperson