



# Healthy Eating Policy

This Policy document relates to the operation of:  
**GBNFC Group**

**Grendon & Billesley Nursery at Grendon Rd, B14 4RB**  
**GBNFC Children's Centre - based at the Chinnbrook Centre**  
**GBNFC Group at the Chinnbrook Centre B13 OET**  
**Hollywood Pre-school Daycare - based at Hollywood J & I School B14 4TG**

**Date Agreed by the Management Board: July 2019**

**Review: July 2020**

**Signature:** 

## Healthy Eating Policy Statement

The aim of these settings are to provide those children attending the settings with a high quality nutrition service and with food that is nutritious and well prepared. We promote healthy eating habits that will lead to lifelong health and well-being. We recognise that healthier children learn more effectively and we wish to have an impact on health related issues such as obesity and poor dental health which are significant factors.

### **Background**

Research has shown that the provision of a nutritionally balanced diet is a vital part in the healthy growth and development of children. The settings recognise this link and complies fully with current relevant nutritional standards including, Welfare Requirements of the Early Years Foundation Stage statutory framework.

We also understand that high standards of food hygiene in early years settings are critical. Lapses in food hygiene can lead to outbreaks of food poisoning which for small children can be very serious, even fatal. To ensure high standards of food safety this setting therefore complies fully with all food hygiene and safety standards and regulations including The Food Hygiene (England) Regulations 2005.

### **Policy**

Our settings believe that the provision of high quality and nutritionally balanced meals, snacks and drinks is a key element in the effective care of children in early years settings. In addition, the organisation considers that mealtimes represent an important social occasion for children which they should look forward to. Thus the organisation will endeavour to ensure that mealtimes are as enjoyable as possible and that children are taught appropriate ways to behave when eating.

In our settings we will:

- ensure that staff have basic knowledge about childhood nutrition and the importance of diet in child development



- ensure that any meals, snacks or drinks provided are healthy, balanced and nutritious
- ensure that those responsible for the preparation and handling of food are properly trained, equipped and competent
- implement food safety policies by having effective management of food safety systems
- ensure that all food is stored, prepared, cooked and served in a hygienic and competent way in compliance with all food safety legislation and best practice
- notify Ofsted of any food poisoning affecting two or more children looked after on the premises
- obtain, record and act on information from parents about a child's dietary needs
- ensure that all staff are aware of their responsibilities under food hygiene legislation including registration with the relevant Local Authority Environmental Health Department
- keep careful records of all food hygiene activities conducted.

In our settings:

- the weekly snack and meal menu will be on display in advance and can be found in the children's day books or on the parents information board
- the weekly menu will provide children with a varied, healthy and nutritionally balanced diet
- all children will be offered suitable foods, including children with special dietary requirements and allergies
- early session children who do not receive breakfast at home will be offered this when they arrive, in agreement with parents or guardians
- milk or water will be served with morning and afternoon snacks
- water will be available at all times
- water and milk will be served with the main meal
- children will still receive dessert if they refuse their main course
- parents or guardians will be advised if their child is not eating well



- parents of children who are on special diets will be asked to provide as much written information as possible about suitable foods, and in some cases may be asked to provide the food themselves
- practitioners will sit with children while they eat and will provide a good role model for healthy eating
- withholding food will never be used as a form of punishment or coercion and food will not be used as an incentive for good behaviour
- We follow the Startwell, 7 key messages of Startwell, being active, eating well and achieving more programme for more information please visit [www.startwellbirmingham.co.uk](http://www.startwellbirmingham.co.uk) or speak to a practitioner
- children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat. This policy will be reviewed annually and updated as necessary.

