



## Healthy Eating and Food Policy

### Rationale

At Selsdon Park Pre-School we are committed to helping children and parents achieve more by promoting healthy eating and will endeavour to encourage our Pre-School users, children and families to eat a healthy well balanced diet.

At Selsdon Park Pre-School we will ensure that we provide accurate and consistent information and advice about food health.

Selsdon Park Pre-School has written this policy to ensure that best practice and procedures are carried out at the Pre-School. This policy complies with the legal requirements of the Early Years Foundation Stage statutory frame work.

### Aims

- To improve the health and fitness outcomes of the whole community by providing high quality information, advice and opportunities.
- To ensure Pre-School users have access to nutritious and tasty food and snacks and water is available throughout the day.
- The Pre-School will ensure that the food and snacks it provides reflect the cultures of the Pre-School users and meet medical and dietary requirements.

### Procedures

#### Healthy eating – Snack Policy

- At Selsdon Park Pre-School children will be able to access fresh fruit and vegetables at Snack Time.
- Fresh water is available through the day for children to access independently.
- At special events and occasions the Pre-School will allow children to eat treats such as sweets or biscuits, after permission has been gained from parents and carers.
- Parents and families using the Pre-School will be made aware that food and snacks brought in from home should not include sweets, fizzy drinks and nuts (due to allergies).
- The Healthy Eating Policy and Procedures will be distributed and explain as part of the registration and induction process for new children and parents.

## Healthy Eating – Water Policy

- At Selsdon Park Pre-School we will ensure that fresh water is available.
- Children will be encouraged to eat a healthy snack during sessions and will be encouraged to taste and try new food's.
- Members of staff and visitors to the Pre-school have access to water coolers and drinking water at all times.

## Healthy Eating initiatives and educational Opportunities

Selsdon Park Pre-School will organise a range of activities and special events designed to enthuse and increase knowledge and understanding about food and how to lead a healthy lifestyle.

Selsdon Park Pre-School will work closely with the local NHS trust and other professionals to deliver the underlying principles of Every Child Matters Agenda and through various initiatives such as '5 a day' and 'Change 4 Life' projects.

## Food Handling and Preparation

At the Pre-School staff, parents and adults involved in the preparation of food are expected to follow stringent health and hygiene instructions including:

1. Washing hands with soap and water before touching and preparing food.
2. Cover all skin blemishes, cuts and open wounds with blue plasters.
3. Washing and drying hands after going to the toilet.
4. Only using equipment provided by the Pre-School to prepare food.
5. Wiping all surfaces with a clean cloth and antibacterial spray.
6. Following careful instructions when using knives or sharp equipment.
7. Ensuring food is stored and cooked according to current legislation.
8. Follow Safer Food Better Business pack.

## Partnership with Parents and Carers

The Pre-School will communicate and explain the Healthy Eating and Food Policy during the induction and registration process. Pre-School newsletters will contain details of any amendments to procedures or special events to healthy eating lifestyles.

The Pre-School does not permit children or parents to bring fizzy drinks or bottles and reminding parents that only water and sugar free juices can be consumed on premises.

Pre-school user are asked to notify the manager if their child has any specific dietary requirements or medical conditions associated with food.

## Signed on behalf of the setting:

## Date: