



Healthy Eating

Statement of Intent

At Ballysillan Nursery we want to promote healthy eating habits that will lead to lifelong health and well-being.

Context

In the Nursery children attend for a 4.5hour session either. We provide a shared and open daily snack time from 9.15am to 10.30pm. During this time the children are free to come and eat a healthy snack when they choose.

Provision

Children are offered a range of nutritionally balanced snacks from a weekly menu. . During this snack time child are also provided with milk or water. Milk and water are provided in clear plastic jugs with lids, which are easily visible to the children.

Preparation and Storage

The nursery coordinator purchases the food each week. Food is funded through our funds and the milk is provided free for under-fives. Food is stored in a fridge or the kitchen cupboards and is overseen by the class teacher and teaching assistants who check the use by dates on products such as milk. The nursery assistant or teacher set up snack with the children to ensure they are part of the routine. The snack is written on a menu which allows parents to discuss what they are eating. The stair gate is also put on so that the children are secured and safe in the

Allergies or Intolerances

Parents/carers complete a confidential form, which includes information about any special dietary requirements or allergies the child/children suffer along with any preferences, this information is shared with manager and staff to safeguard their health and meet as far as possible their preferences. Children are only offered an alternative to the foods available on any given day if they have a medically recognised allergy to an item or food group.

Operating Healthy Snack

Children are encouraged to operate independently during snack time. They sit together and are encouraged to pour their own drinks, serve, spread or cut food as appropriate and then to clear away and wash up after they have finished. Cups, bowl and spoons are later washed by an adult to maintain hygiene standards. The

milk and water jugs are emptied, washed and refilled between sessions. The areas are clean and bright and often have displays nearby relating to healthy. Pictures of the children taking part in snack time are displayed in the snack area.

Snack Menu

In Ballysillan we are passionate about providing a balance of starchy foods, protein, dairy and fruit and vegetables. A snack menu is displayed on the parent's board to keep all parents/guardians informed. Our snack will range from yogurts, bread sticks and dip, fruit, toast, pancakes and ham and cheese and crackers. We often present snacks which encourages the children to take part e.g. buttering pancakes.

Curriculum

Within the Nursery we regularly cover topics, which relate to food, healthy eating and bodily awareness. We encourage children to try a range of foods and to learn about healthy foods through activities such as cooking or growing vegetables, fruits and herbs.

<p>Policy Created: September 2018 by Mrs Kelly Policy Review Date: September 2019</p>
