



## Healthy Eating food policy

At Rising stars, we regard snack and lunch/tea times as an important part of the children's day. Eating represents a social time for children and adults which helps children to learn about healthy eating. To help us comply with government initiatives and for the general well-being of the children, we adhere to the following guidelines:

- At snack time, we provide healthy and nutritious foods which meet the children's individual dietary needs and promote healthy eating.
- For the lunch/tea times, children have freshly cooked meals provided.

Our menus have been produced with an understanding of a healthy balanced diet, including meals from a variety of backgrounds and cultures. The menus rotate 4 weekly, to ensure the children are exploring a variety of foods.

### Snack time

Snacks include fresh fruit and/or vegetables with a carbohydrate accompaniment such as crackers with butter, cheese, bread sticks, houmous dips, rice cakes. Fresh water and milk are supplied to drink.

### Procedures

We follow the procedures below to promote healthy eating at Rising stars.

- Prior to a child attending Rising stars, we enquire about his/her medical, cultural and/or dietary needs – including any known allergies. This information is recorded on a registration form and signed by parents/carers. We ask that parents advise the preschool of any changes to their children's dietary needs – including allergies.
- To ensure continuity of care, we display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parent's wishes.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another and constantly supervised.
- Through discussion with parents, we obtain information about the dietary rules such as whether they are vegetarians, vegans and about food allergies and intolerances. We take account of this information in the provision of food and drinks.
- We organise snack and lunch/tea times so that they are social occasions in which children and staff participate.
- All tables are cleaned with an approved antibacterial solution.
- We have fresh drinking water available for the children throughout each session.
- We inform the children about how to obtain the water and help them if necessary.
- We inform parents of our policy on healthy eating

**The nursery follows a strict NO NUT policy. This includes traces of nuts due to severe allergies.**

**We take care not to provide foods containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.**