

DIET - POLICY AND PRACTICE

We are keen that both children and adults should have the opportunity to learn about the importance of healthy eating in a social context where adults and children sit and eat together.

We believe that children should have access to a healthy balanced diet enabling their intake of a balance of the four key food constituents, fats, proteins, and carbohydrates including sugars, vitamins and minerals.

Staff at the setting will ensure that;

1. All snacks provided will support a balanced diet by avoiding large quantities of fat, salt, sugar, additives, preservatives and colourings.
2. Medical, personal and religious dietary requirements are respected and met as appropriate. Parents will be requested to provide any additional personal dietary alternatives their child may need.
3. A multi-cultural and varied diet is offered where possible to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
4. Any mother wishing to breastfeed her child on our premises will be actively encouraged and supported to do so. All possible facilities will be provided i.e. a comfortable seat, a glass of water, private area when possible and an open and friendly attitude always.
5. Milk provided for children is semi-skimmed and pasteurised. Children under 2 years old in childcare, once weaned from breast or formulae milk, will be provided with full fat pasteurised milk.
6. When preparing simple foods with children the staff will utilise a wide range of ingredients to promote and extend the child's understanding of a healthy diet. Through the PAWS group we share healthy eating and food preparation ideas with the children to enable them to explore and taste a wide variety of foods
PAWS for Food
7. All children will be offered fruit or vegetables daily. We try to ensure that a variety is offered over the course of a week.
8. We will equally encourage children to drink milk or water in preference to other possible beverages.
9. We will make any food stuffs which are extra to our requirement available to families to take home.
10. We have a small growing area and support children to plant and grow, culminating in preparing and eating.
11. The use of peanuts and tree nuts (walnuts, cashew nuts etc) will be prohibited within the setting, at any time when the children are present, due to potential risk of allergenic responses. The use of Coconuts will be allowed. This will include the use of chocolate spreads.
12. We are aware that some foods may cause individual children allergic responses and monitor our menus carefully with this in mind.
13. We are aware of the legislation regarding the publication of allergen information and ensure that parents are aware of the raw ingredients used in our cooking and snack provision.

14. We will do our best to ensure that refreshments are taken at the table. Babies will be fed in a high chair or a baby will be cradled and given a milk feed by a seated member of staff. When picnicking we will encourage all children to sit down with their food.
15. We will endeavour to use fruits and vegetables in season.
16. When possible, we will buy produce from local independent suppliers and support local enterprise.
17. We will source fresh and frozen ingredients in preference to tinned, processed or packaged when possible.
18. We recognise the benefits of providing organic produce to the children and will aim to make this provision should resources and circumstance allow.
19. At Rainbow we do not provide a sweet pudding alongside the lunchtime meal to reduce child expectation of a sweet course with each meal.
20. When celebrating festivals and birthdays we recognise the importance of allowing children the treat of sharing birthday cake, Easter eggs, Christmas cakes, puddings and party food in moderation.
21. We recognise that many children have a lunch provided by their parent / carer which they eat with us whilst at the setting. We work with parents to establish an understanding of healthy eating, appropriate portion sizes, a recognition of the appropriateness for children to be allowed "treats" which may include fats and sugars in their composition.
22. We encourage parents to provide children with a healthy lunch box, see our Lunch Box Policy, and work in partnership when children have specific dietary preferences.
23. Staff team members will ensure that they provide appropriate modelling to the children with their food choices when eaten with the children present.
24. We utilise Super Sid to help us share positive lunch box messages with the children and parents.
25. At Daisy we promote a termly "Healthy Lunch Club".
26. We have registered with Suagr Smart Devon.
27. See our separate Bottles Dummies and cups policy LINK
28. We recognise the importance of dental hygiene for our young children and promote this directly with the children and share information with parents using our Dental Leaflet
29. We support our young children to gain independence over their own diet and meal times by following a policy of self-weaning.
30. We love to support all our children to recognise snack and meal times as social times when they can learn about their food and enjoy each other's company.
31. We recognise the link between children's need to eat and being hungry and their ability to regulate their emotions. We offer children a snack, monitor their outcomes and share any observations and thoughts with parents.

Policy formulated on: June 2010

Policy last reviewed on: Oct 2018

Signed: Judy Westacott