

## **COLLEGES NURSERY AND FAMILY CENTRE**

### **HEALTHY EATING POLICY**

Our Nursery has gained National Healthy School Status we are committed to encouraging and developing positive attitudes towards a healthy diet. Food is central to life and therefore an important part of school life and the activities we engage in. We also believe that adults (staff, parents, carers, students and volunteers) should be good role models and have access to information which will help them to provide healthy food for children.

At Colleges Nursery and Family Centre we have agreed the following statements:

#### **School Meals**

- For parents of children who receive a school meal the weekly breakfast, lunch and tea menus will be on display.
- Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.
- Staff will sit with children while they eat and will provide a good role model for healthy eating.
- Parents or carers will be advised if their child is not eating well.

#### **During the Nursery Session**

- Children will be encouraged to play outside every day. This will ensure that they have an opportunity to be exposed to sunlight which helps their bodies to make vitamin D. Fresh air and exercise encourages a keener appetite, too.
- Parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, will be asked to provide as much information as possible about suitable foods. All staff are aware of children with special dietary needs.
- Children will be encouraged to try a variety of new and interesting foods to develop a balanced diet. Children have an opportunity to grow their own fruit and vegetables.
- Children will be able to observe the preparation of lunches and teas daily in the school kitchen and discuss foods and meals with our chef
- Semi-skimmed milk and water will be available at all times during the nursery sessions.
- Children will be offered a snack during the morning/afternoon session, usually fruit /vegetables but occasionally other foods such as food cooked by the children e.g. vegetable pizza
- All dairy products e.g. yoghurt will be full fat except for milk, which will be semi-skimmed.
- Children are encouraged to bring a variety of fruit and vegetables from home to share at snack time.
- Children will grow organic vegetables in the garden, sometimes preparing and cooking them to eat in school or weighing and bagging them to sell to parents to eat at home.

Healthy Eating Weeks will be organised in the nursery twice a year. This is a time for children to experience a wide range of healthy snacks as a group. During these times parents and carers are also invited to try foods with their children at the end of the sessions and take part in activities such as Walk to School Week and Teddy Bear Trails to understand the importance of healthy exercise alongside food.

October 2000

Reviewed May 2005

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