

## **HEALTHY EATING POLICY**

At Glen Urquhart Childcare Centre, snack time is an integral part of the child's social development. It provides an excellent opportunity to reinforce children's knowledge and understanding of the importance of healthy eating and social skills at meal times, as well as developing confidence to try foods from other countries and cultures.

We follow guidance noted in "Setting the Table" Nutritional guidance and food standards and "Smart Start" for early years childcare providers in Scotland.

We hope to achieve this by ensuring that:

- Learning about the importance of healthy eating is embedded in all areas of curricular delivery.
- We avoid all drinks and food that include excess sugar, fat, salt or artificial additives.
- We provide nutritious and well-balanced snacks.
- Fresh fruit/vegetables are offered daily.
- We offer either milk or water every day. On occasion we will offer diluted fruit juice, no-added sugar juice or milkshake. Water is freely available throughout the day and not just during snack times from our Fionnar water dispenser.
- Individual dietary requirements, children's choices and evaluations are always considered when planning the snack menu.
- We aim to follow the advice offered within current documentation e.g. Health for All 4 'The Nutritional Guidelines for 'Early Years' and promoting Health & Well-being in the Pre-School setting
- We only accept appropriate, sealed and dated pre-packaged food.
- We encourage children to be a part of preparing and serving the snacks at nursery to promote their independence and self help skills.
- A wide range of foods from various cultures and countries will be offered throughout the year and the children will be encouraged to try these.

- Before a child attends the childcare centre we find out their dietary needs and preferences, including any allergies. Please see snack/lunch management policy for additional information.
- Children understand the importance of good habits when eating at the table and how to interact appropriately with their peer group.

We recommend that sweets, chocolate and fizzy drinks are not included in packed lunches.)

- During parties, celebrations such as Divali, Christmas and Easter and Holiday club activities treats such as crisps, sweets and chocolate will be offered very occasionally. Learning around the need for those food items to be occasional treats will be reinforced.

Date last reviewed May 2019

Date of next review May 2020

Signature \_\_\_\_\_

Designation \_\_\_\_\_