



## **Bright Start Day Nursery**

### **Health & Nutrition Policy**

Bright Start Day Nursery aims to offer high quality childcare. We recognise the need to encourage healthy eating habits from an early age, as this will help children to reach their full potential in terms of growth and development. Well-balanced and nutritious meals/snacks are provided for the children. The Nursery participates in the Healthy Nurseries scheme and has gained up to their Gold award and the ethos of this continues to be embedded into the nursery environment.

#### **Meal provision**

Our weekly menu will provide children in our care with a tasty varied diet that fulfils their nutritional requirements for growth and development that is appropriate for their ages.

Foods for under fives will be included from all 5 food groups,

- A variety of bread, cereals, rice, pasta and potatoes
- Fruit and vegetables
- Meat, fish, pulses and alternatives
- Fats – butter, spreads and oils
- All puddings provided are based on fruit and/or milk
- Fresh fruit is always available at mealtimes
- Processed meat products such as sausages, burgers and fish bites are served at a maximum of one main meal each week. If these are provided, healthier cooking methods are used, eg they are oven cooked or grilled rather than fried.
- All the children in our care will have suitable food made available for them.
- Children will have access to bread or fruit if they are hungry between meals.

#### **Meal/Snack provision**

Parents of children who are on special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the food themselves.

- Cultural dietary habits are respected. Parents or carers are requested to provide details of foods eaten (and not eaten) by the child and make sure everyone involved in caring for children knows about these.
- Mealtimes/snack times are used as an opportunity to encourage good social habits. For example, whenever possible children and adults eat together to encourage good habits and conversation.
- Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.
- Children will never be left unattended while eating / drinking.
- Attention will be paid to the presentation of food so that children are encouraged to try new things.
- The weekly menu including snacks will be on display in advance and parents can request a copy if they would like one.

Updated by L Walters on 13<sup>th</sup> October 2023



- Advice will be offered to parents about suitable foods to bring from home
- When snacks are given between meals they are healthy and nutritious and help provide children with the energy and nutrients they need.
- All snacks will be served on plates/dishes.
- All snacks will be sugar-free to avoid causing damage to health
- Fresh fruit is an ideal snack choice.

### **Drinks**

- Fizzy drinks and squashes are not offered
- Water will be available at all times
- Whole milk or water only is provided for children in the nursery.

### **Rewards and special occasions**

Praise and attention are used to help develop children's self-esteem and to act as a positive reward for good behaviour. Sweets and confectionary should not be given as rewards. Withholding food will not be used as a form of punishment. Celebration of birthdays and other special occasions, e.g. Easter - focus on the sense of occasion rather than the provision of rich, sugary food and drinks.

### **Activities**

- Healthy eating is promoted through a range of activities for the children including play, stories, music outings, cookery etc
- The nursery participates in special campaigns and initiatives such as healthy eating campaigns, healthy snacks awards etc
- Children will be encouraged to play outside every day, weather permitting. This will ensure that they have an opportunity to be exposed to summer sunlight, which helps their bodies to make vitamin D. Ensure children are provided with adequate sunscreen and sunhats.

### **Safety**

- All Day Nursery staff will complete Basic Food Hygiene Certificate.
- Adults and children should practice regular and good hand washing procedures
- All food handling staff to wear adequate clean protective clothing.
- All food to be served immediately after preparation
- Foods that need to be reheated will follow the temperature guidelines set out by the Environmental Health Regulations and all foods will be probed and this recorded with date and temperature of food.
- All storage, preparation and service of food will be carried out in accordance with the relevant food hygiene and safety regulations
- Food handlers suffering from diarrhoea and/or vomiting will be excluded from their duties until recovered and free from symptoms for a least 48 hours
- Children and infants suffering from diarrhoea and/or vomiting will be excluded from their place setting until recovered and free from symptoms for at least 48 hours.