



# Healthy Eating Policy

**This policy was adopted at a meeting of:**

*Soroba Young Family Group*

On: *21<sup>st</sup> January 2018, updated 3<sup>rd</sup> January 2019, Reviewed August 2019*

Signed ..... Designation .....

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## Statement of Purpose

The promotion of children's healthy eating is an important aspect of high-quality childcare and children should have a positive experience which helps to develop lifelong healthy eating habits. Healthy Eating should be promoted in all Early Learning and Childcare (ELC) settings by providing a well-balanced and nutritious diet. All children in ELC settings need regular healthy meals, snacks and drinks to help develop their health and well-being. Through sharing a positive food experience with others children's language and social skills can be developed. It is important for staff to consider the individual and cultural needs of any children in their care.

Throughout this guidance the term **parents** is used to include all main caregivers.

## Wellbeing

No matter what the age of the child from babyhood onwards, health and wellbeing is the principal driving force behind children growing up and learning. The wellbeing indicators of GIRFEC, for children to be safe, healthy, achieving, nurtured, active, respected, responsible and included are implicit. It is also well known that a healthy diet and regular physical exercise are fundamental for a healthy childhood. Babies and young children need a healthy balanced diet to support brain development and physical development. Building the Ambition National Practice Guidance on Early Learning and Childcare Children and Young People (Scotland) Act 2014.

## Menu Planning

We will ensure that a well-balanced, healthy and nutritious snack is provided for all children. When planning a menu staff will consider the individual nutritional needs of the children, the children's stage of development, any medical needs, allergies they may have and their cultural background. The planned menu will ensure children experience a wide variety of food options from the different food groups. Menus for snacks and drinks and each will include fresh fruit and vegetables, milk and water. Water will be available to all children throughout the session and milk, as well as water, will be offered at snack. Packed lunches are provided by parents with the guidance of a healthy packed lunch which should contain a sandwich, drink, piece of fruit and a small treat. Children are encouraged to eat their sandwich and finish it before moving on to a treat. Food will not be cooked or re-heated at lunch times to prevent cross-contamination.

## Environment

The environment is calm and welcoming and encourages positive social interaction amongst children and staff. Lunch and snack times are used to develop good table manners, establish healthy eating patterns and develop regular eating routines in children. Independence skills should be developed by offering children food and drink choices, and encouraging children to serve and feed themselves. Children should be given time to eat at their own pace and not be rushed. Consideration should be given to the space and managing of lunch/snack times as well as the type of food provided. Suitable equipment will be provided for all children taking into account their individual needs and stage of development to ensure a positive experience.

## Space to Eat

Provision of food is an integral part of a care and learning environment. When children have a positive experience of eating and drinking in an early learning and childcare service, it will help them to develop an appreciation that eating can be an enjoyable activity, and understand the role of food within social and cultural contexts on long term health benefits. Space to Grow (The Scottish Government 2017).

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## **Good Eating Habits**

Positive eating habits should be encouraged and staff should provide an enjoyable, flexible eating experience within the setting, enabling children to develop good eating patterns. Children should experience a variety of different foods and regularly be introduced to new foods. They should be encouraged to try small quantities of all types of foods unless on a special diet or for cultural reasons. Quantities of food/drink offered will be determined by the ages of the children and their individual needs.

If a child does not want to eat snack or shows signs of distress the food should be removed, without fuss, after a reasonable time. A healthy snack should be offered later in the day to the child. At lunch, any food that has not been eaten should go back in to the child's lunch bag for the parents to see what they have eaten on that day. Relevant information regarding the child's eating habits should be recorded and parents should be informed.

Staff should ensure a consistent approach in relation to children's eating habits and offer praise and encouragement whenever possible. Through play, positive attitudes to healthy eating should be developed.

## **Food Policy**

*Packed lunches must be stored in the children's fridge, snack food must be stored in the Silver fridge in the kitchen, staff lunches must be stored in the larder fridge on the bottom shelf, to prevent any cross contamination. Medical and Allergy information is stored within the children's records, displayed in the kitchen and in the office.*

*No food or drinks can be left anywhere in the centre other than the children's fridge and kitchen area. Lunch bags must be stored in the fridge until lunch time and returned there until collection. Due to allergies and medical needs, families are aware that no food or drink products other than children's lunches can be brought in to the Centre.*

## **Partnership with Families**

The setting will work in partnership with parents and any other relevant agencies in their community to promote healthy eating. The weekly menu will be displayed in advance and available for parents and children to view. Parents should be made aware of what their child has eaten and how well they have eaten through regular informal contact via Seesaw.

## **Staff Development**

The preparation and handling of food will be carried out by competent staff who will have sufficient knowledge to ensure food is safe to eat. Staff should receive training in food hygiene.

Food safety and hygiene is the responsibility of each individual setting. The local authority environmental health department will have up to date information regarding food safety legislation and procedures. In line with good practice the setting should aim to have at least one staff member who has a basic food hygiene certificate. *Setting the Table, Nutritional Guidance and Food Standards for early years childcare providers in Scotland* (NHS Scotland 2015 p95).





## **Monitoring of this Policy**

It will be the responsibility of Centre Manager to ensure that new or temporary staff are familiar with this policy and that the policy is being implemented by all staff.

### **See also:**

Infection Control Policy

### **Links to national policy**

Health and Social Care Standards – My Support My Life (The Scottish Government 2017)

1.1,1.2,1.3,1.6,1.8,1.9,1.10,1.11,1.19,1.23,1.33,1.34,1.35,1.36,1.37,1.38,1.39,2.2,2.6,2.8,2.11,2.21,2.24,3.1,3.3,3.7,3.10,3.12,3.13,3.14,3.15,3.16,3.17,3.19,4.1,4.2,4.3,4.8,4.11,4.23,4.27,5.17,5.18,5.20,5.22.

Building the Ambition (The Scottish Government, 2014)

<https://www.gov.scot/Resource/0045/00458455.pdf>

Getting it right for every child (The Scottish Government, 2012)

<https://www.gov.scot/Resource/0042/00423979.pdf>

Setting The Table Nutritional guidance and food standards for early years childcare providers in Scotland

<http://hub.careinspectorate.com/media/177298/nhs-setting-the-table-updated-jan-2015.pdf>

[www.scotland.gov.uk](http://www.scotland.gov.uk)

[www.educationscotland.gov.uk/earlyyears/prebirthtothree/index.asp](http://www.educationscotland.gov.uk/earlyyears/prebirthtothree/index.asp)

Early Years Framework

[www.scotland.gov.uk/Publications/2009/01/13095148/4](http://www.scotland.gov.uk/Publications/2009/01/13095148/4)

Space to Grow - Section 02 Environment

<https://hub.careinspectorate.com/media/549001/space-to-grow.pdf>

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