



ROMPERS PRIVATE NURSERY HEALTHY EATING POLICY



Policy Statement:

At Rompers we understand the importance of nutrition in the early years and the role we play as a childcare provider in shaping both current and future eating patterns in young children in Scotland. Quality early years' experience can have a fundamental impact on all aspects of development including physical, emotional and intellectual. We value that food is a good way to express care and promote a nurturing environment. Healthy eating also helps to promote independence, language and social skills during mealtimes and snack times. The food and drink being offered will be appropriate for all children and will meet individual dietary requirements.

All staff at Rompers follow the guidance from the '*Setting the Table*', '*Food Matters*' and the '*Eatwell Guide*' to help support healthy eating in our setting.

Aims of this Policy:

- To ensure all food is nutritious and meets current recommendations for children under five years
- To ensure children have suitable food and drink made available to them
- To ensure a wide range of food is offered providing a tasty and varied diet
- To ensure high levels of food safety and hygiene are maintained at all times
- To ensure eating times are happy occasions which offer opportunities for children to develop independence and social skills
- To ensure fruit and vegetables are served with all meals and snacks
- To ensure children have access at all times throughout the day to fresh water
- To ensure children obtain 30% of nutritional requirements from a main meal; 20% from a light meal and 10% of nutritional requirements from a snack

Procedures:

- Current recommendations and guidance for healthy eating will be followed strictly at all times.
- Parents are consulted about their child's dietary requirements during their first visit to Rompers, we value parental wishes and in collaboration between the parent and our nursery cook all dietary requirements are met.
- We respect any dietary requirement due to religious beliefs and suitable alternatives are provided.
- Our menus are carefully planned in four-week seasonal cycles and a variety of food is served.
- We provide foods which are nutritious and are low in fat, sugar, additives and preservatives.
- All dairy products should be full fat or pasteurised.
- Milk, water and fresh juices are used.
- We ensure food is served in child sized portions and all children will be encouraged to try a '*nursery taste*'.

- We ensure that the menus include finger foods as well as food requiring cutlery to allow variation at snack, light meal and main meal times.
- We plan meals, snacks and drinks around the Eatwell Guide as with supports and provides a variety of foods which meets all the nutritional requirements that children require.
- We adhere to the requirements of the food safety act and advice on food safety.
- Children are appropriately supervised at snack, light meal and main mealtimes, we ensure children are not rushed.
- At snack, light meal and main mealtimes and that they are given time to eat and enjoy the social aspect of eating.
- Independence and choice is promoted throughout meal times. All snacks and aspects of main meals and light meals have elements of choice to ensure children feel empowered to make choices about their food.
- We ensure hand washing routines are in place in all rooms after toileting and before meal and snack times.
- Staff have relevant elementary food and hygiene CLPL, management monitor staff refresh dates.
- We display an up to date food hygiene certificate in the kitchen for all staff members.
- During each child's session with the new increased hours, children will receive one snack and meal whilst being in the setting.

Monitoring:

- Review menus regularly to ensure they meet current recommendations and guidance
- Review procedures for gathering and recording information about dietary requirements on a monthly basis – see management audit timeline
- Analyse menus at the beginning of each season to ensure they meet the needs of each child and that suitable food and drink is available
- Observe children's development at snack, light meal and main mealtimes regarding their self-help skills and social skills
- Determine the level of support and practical help required and highlight any changes to be made

Review:

Date	Management	Track of Changes
August 2021	P. Guthrie	none