

# Honeypot Under Fives Centre

## Healthy Eating Policy

*Statutory Framework – 3.47-3.49*

When providing food and drink, staff will be mindful of the provisions of the Hygiene policy so as to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

The manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. The Honeypot is registered with the local authority to provide food. All staff that either handles or prepares food will have an up to date Food Handling Certificate and will be fully trained in food storage, preparation, and cooking and food safety.

As part of the settling in period, the setting requires that the parents and carers complete the Admissions Form, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. The manager and staff will ensure that food and drink offered to children takes account of this information so as to safeguard their health, and meet – as far as possible – their particular preferences. All staff have attended Epi pen training to ensure the administration of medication is given correctly and safely and that the medication will be stored responsibly.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or a reward.

### **Healthy Eating**

At snack time children will be provided with healthy, balanced and nutritious foods. Fresh drinking water is available at all times. Where possible the Honeypot will provide food suitable to children's individual needs.

Milk will be served with snack and all dairy products used will be full fat. The nursery is committed to promoting all aspects of a healthy lifestyle including oral hygiene. The nursery has begun to work towards the Smile4life accreditation, because of this the nursery strongly discourages the children eating/drinking sugary food and drink between mealtimes. Fruit drinks do not need to be brought into the setting as water is provided for the children. Any sweets or biscuits that the children bring in to the setting will be taken off them and stored until home time.

When birthday celebrations occur we discourage parents bringing in cakes and sweets for the children. Nursery has a 'cake' that contains a small present for children and so birthdays will be celebrated this way rather than a sugary sweet treat.

Parents will be advised if their child is not eating well. Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat. The Honeypot asks that lunch provided by parents is healthy and balanced. To ensure this the Healthy eating policy will be shared with parents during home visits.

Children will be encouraged to play outside everyday, as sunshine helps their bodies to make vitamin D.

Healthy eating habits in the years before school are important because they impact on growth, development and achievement in later life. Research confirms that eating patterns are established early in life therefore intervening in the early years is key to preventing obesity. Talking with children and parents about the different healthy food and drink options helps to reinforce good life-long eating habits. Staff will maximise opportunities to promote healthy eating and fully support children's growing understanding for the reasons for eating healthily. Staff will sit with the children at meal times, staff lunches will be healthy and nutritional in order to role model healthy eating habits. Cooking activities will be used to talk about a balanced diet and appropriate time for snacks.

### **Cultural and Religious Diversity**

The Honeypot and its staff are committed to embracing the cultural and religious diversity of families who use our services. The manager and staff will work with parents/carers to ensure that any particular dietary requirements are met. The Honeypot is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

### **Kitchen Hygiene**

The Honeypot is aware of its responsibility under food hygiene legislation including registration with the Local Authority Environmental Health department, and regular yearly inspections are carried out and the required steps taken to adhere to regulations.

All areas where food and drink are stored, prepared and eaten are prone to the spread of infections. Therefore staff must be particularly careful to observe high standards of hygiene in such instances. To this end the following steps will be taken:

- Waste will be disposed of carefully and all bins will be covered
- Foods storage facilities will be regularly and thoroughly cleaned.
- Kitchen equipment will be thoroughly cleaned after every use
- Staff and children will wash their hands thoroughly before coming into contact with food
- If cooking is done as an activity, all surfaces and equipment will be thoroughly cleaned before and after each session

The Honeypot will notify Ofsted of any food poisoning affecting two or more children looked after on the premises within 14 days of the incident. A provider that fails to do this commits an offence.

To be reviewed August 2016

To be reviewed by Sarah Holliday