



## Healthy Eating Policy

At Little Oaks we view snack time not only as an opportunity to provide for the nutritional needs of the children in our care, but also for their social and emotional needs.

We therefore endeavour to ensure the following:

- The snacks provided are varied and interesting and are a mix of the familiar and unfamiliar. Most snacks will be low in sugar and of high nutritional value (limiting the amount and number of artificial sweeteners and colourings for example) although no food will be viewed as "bad" food and biscuits and cakes will be offered on an occasional basis.
- There will always be an element of choice in the snacks offered. This will help ensure that children eat well and will also allow them to make decisions for themselves.
- Food allergies and cultural needs will be known to all relevant staff and they will be respected at all times. Where necessary we will try to provide an alternative. On occasions parents or carers may be requested to provide this.
- Due to the severe health affect nuts can have on a child with an allergy we follow a NO NUTS policy.
- Children will be encouraged, but never forced, to try foods new to them.
- Children will be offered water or milk to drink.
- Drinking water will be freely available at all times throughout the session.
- If a child is not eating or drinking well, then this information will be shared with the child's parent or carer and a strategy to try and resolve this will be agreed and worked on together.
- The planned snacks for the week will be on display from the beginning of each week.
- As a setting we provide a snack for the children every morning session they attend and a drink every afternoon. There will be one portion of either fruit or vegetables and a portion of carbohydrate in the form of breadstick, cracker, cereal, wholemeal bread, crumpet etc. This follows the government guidelines for 'snack' healthy eating for 3-5 year olds and is seen as 'Best Practice'.
- Snack time will be viewed as a social time and children will sit with other children and a member of staff. We will place high importance on the social aspect of this time as for some children it may be the only time they sit and eat with others.
- Children in Pre-school will be encouraged to be independent. They will be encouraged to self-register, lay their own place and tidy away when finished. They will also be encouraged to pour their own drinks and prepare their own snacks where possible, e.g. by buttering their own toast or peeling their own fruit.

- Children in Play Group will initially be given more assistance but will be encouraged to become more independent as they mature.
- Good manners will be encouraged at all times.

Also see 'Dietary and Food Allergen Policy.'

This policy was adopted at a committee meeting of Little Oaks on.....

Signed on behalf of the committee.....

Role of signatory.....

Reviewed and updated July 2011, Sept 2012, June 2014, Sept 2014, May 2015, April 2016, June 2017.

Reviewed and amended Jan 2019.

Reviewed Oct 2020.

Reviewed Nov 2021.

Reviewed Jan 2023, Reviewed by committee Jan 2024