



Bedfordshire
Community
Health Services

Name of Setting Nutrition and Health Policy

Introduction

In this section explain the purpose of your Nutrition and Health policy, and how this was developed. How can parents/carers provide feedback on this policy?

Food Provision

Menu Planning – How are your menus planned? What guidance is followed? Include that all of your menus will be analysed by the Family Food First team to ensure that they meet nutritional guidelines. How can the parents/carers feedback on the menus and how will this feedback be acted upon? What meals are provided in the nursery? What will the meals consist of (*e.g. lunch will consist of a protein source, a portion of carbohydrate and two vegetable options, and a dessert based on either milk or fruit.*) Where will menus be displayed within the setting? What would be the procedure if a child has special dietary requirements? How will your setting cascade special dietary of children to the rest of the staff? Include information explaining that the food provided to children with special dietary requirements will still meet nutritional guidelines.

Packed lunches – What constitutes a healthy packed lunch? What food or drink items are discouraged or banned within your setting? What is your procedure if unhealthy packed lunches or banned food items continue to be brought into the setting? Where can the parents/carers find out more information around the provision of a healthy packed lunch box?

Drinks – What drinks will be provided by the nursery? Which drinks will be discouraged from being brought into the setting? What healthy drinking practices will be encouraged (*e.g. drinking from an open top cup from 6 months of age, discouraging bottle use after one year of age*)?

Food and dining environment – What is the procedure for hand washing before meals and snacks? How will independence be encouraged in infants and children during snack and mealtimes? How are snack and meal times used as a learning opportunity? Include information about the dining environment (*e.g. tables and chairs, cutlery, eating area*). How will the setting staff act as good role models to the children? Will staff eat with the children?

Celebrations & Cultural Events – How is the Family Food First ethos adhered to during celebrations? What is the settings procedure during children's birthdays (*e.g. giving the child a birthday hat, or singing to the child*)? What is discouraged from being brought into the setting? What alternatives ideas are encouraged (*e.g. stickers, favourite CD, favourite book*)? How are cultural events celebrated in line with this ethos?



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Infant milk – How do you support breastfeeding mothers within your setting (*e.g. providing a private space, storing expressed milk safely*)? Include information on formula feeding and how appropriate food safety precautions will be put in place. How do you promote responsive infant feeding within your setting?

Fussy Eating – What procedures will be in place to deal with fussy eaters? How long will children be given to finish their meals?

Food and health education

Knowledge for children – Include a sentence which explains that the Family Food First team supply learning outcomes for children, based around nutrition, oral health and physical activity. How else will your setting support food and health education (*e.g. growing fruits and vegetables, physical activity weekend bags, providing toothbrushes in the setting*)? Which healthy lifestyle campaigns are promoted within the setting?

Cooking Activities – Include information that states that the majority of cooking activities will have an emphasis on healthy, savoury foods, in line with the Family Food First ethos. What will the procedure be if sweet foods are made (*e.g. eaten as a pudding within the setting or sent home with parents to consume as a pudding*)?

Health Information and Resources for parents/carers – Where can parents/carers find food and health information and resources? Who should parents speak to within the setting if they have any food or health concerns or queries? How will parents be supported by the setting to change unhealthy behaviours (*e.g. dummy use, bottle use, consumption of sugary drinks*)?

Physical activity

Physical Activity Guidelines – Include information on the Department of Health guidelines for Under 5's. How will the setting support these guidelines (*e.g. providing 45 minutes of physical play every 3 hours, or that children's centres will incorporate purposeful physical play into every session*)?

Purposeful Physical Play – How will the setting enable the children to develop physical skills? How will children's physical development be monitored?

Active Travel - Include information around what constitutes active travel. How will active travel be supported by the setting (*e.g. space to keep bikes during the day*)?

Signed: _____

Review Date: _____



Orchard Pre-School

Nutrition and Health Policy

Introduction

Orchard Pre-School is part of the Family Food First programme, which works with education settings to inspire children and families to lead a healthier lifestyle. The promotion of good nutrition and health is practised across the whole setting. This policy covers all aspects of nutrition and health within our setting, and was developed alongside staff, parents and carers. This policy is reviewed annually; please let us know if you have any feedback or queries.

Food Provision

Menu Planning- Our menus are planned on a seasonal basis, in line with the Early Years Voluntary Guidelines, and are then analysed by the Family Food First team to ensure they meet the Family Food First Catering Standards. Parents and carers are invited to feedback on any of the meals or snacks provided; please inform the office if you do have any feedback, and then this will be spoken about at the next staff meeting. Menus will be displayed in the main hallway.

Orchard Pre-school provides the following meals:

Breakfast	Morning Snack	Lunch	Afternoon Snack	Teatime
8:00-8:30	10:00-10:15	11:45-12:15	2:00-2:15	4:00-4:30

Breakfast will include a carbohydrate source and a portion of fruit, snacks will provide a carbohydrate source and fruit and/or vegetables, and both lunch and teatime will provide a protein source, a portion of carbohydrate, two vegetable options and a dessert based on either milk or fruit.

If your child has any special dietary requirements, please provide the setting with details and a GP/Dietitian letter where possible. This information will be cascaded to all staff, as well as kept in the kitchen and all eating areas. If your child needs a special diet, this will still meet the Family Food First Catering standards, and will be as similar in appearance and texture to the main meal as possible.

Packed Lunches- We ask that parents bringing packed lunches into the setting follow the guidelines, and provide only appropriate items. A healthy packed lunch should contain a protein source, a portion of carbohydrates, two portions of fruit and/or vegetables and a dessert based either on milk or fruit (e.g. a ham and cucumber sandwich, carrot sticks, and yoghurt.) A drink does not need to be provided, as all children will be able to access plain fresh drinking water and plain milk throughout the day, as well as diluted fresh fruit juice with meals.



Unhealthy food items are banned from being brought into our setting; foods high in sugar, saturated fat or salt such as fizzy drinks, crisps, sweets or chocolate will be taken out of the child's packed lunch and returned to you at the end of the day. The child will be instead given a nursery lunch. If this happens on more than three occasions, we will arrange a meeting with you to discuss appropriate packed lunch options.

Drinks- Fresh, plain drinking water and milk will be offered to the children throughout the day, in line with the Family Food First Catering Standards. Fizzy drinks or juices will be banned from being brought into the setting; only plain water or plain milk will be allowed. All children over the age of six months will be encouraged to use an open top cup, and bottle use will be discouraged over the age of one year. We will work with families on how to achieve this with children, if needed.

Food/Dining Environment- All children, staff and visitors to the setting will be asked to wash their hands before eating, and children will be taught the importance of good hygiene. Children and babies will be encouraged to be independent during mealtimes, using techniques such as self-serving food and providing finger foods. All meal and snack times will be used as a learning opportunity within the setting; the staff will discuss the different foods with the children, and talk about why it is important to consume a healthy, balanced diet. All tables, chairs, crockery and cutlery is of an appropriate size, and babies will be seated safely, and will have access to a tray/table to support independent feeding. Staff will act as good role models to the children, and are discouraged from eating or drinking any unhealthy foods in front of the children. Staff will supervise at every mealtime, and some members of staff will eat the same lunch as the children on a daily basis.

Celebrations & Cultural Events- In line with the Family Food First ethos, we will promote healthy lifestyles during celebrations and cultural events. To celebrate your child's birthday, we will all sing happy birthday to the child and make him/her feel special by letting them wear the birthday hat. If you do wish to bring in a birthday treat, please ensure that it meets the healthy ethos of the setting (e.g. stickers, bubbles, fruit platter, your child's favourite book or CD). Birthday cakes or unhealthy foods/drinks will **NOT** be allowed within the setting. Cultural events will also be celebrated in line with this (e.g. Christmas, Eid, Easter), and no unhealthy foods or drinks will be provided. If cakes and/or unhealthy foods are brought into the setting, they will be turned away at the door. A list of alternative healthy food and non-food ideas will be provided the Family Food First team.

Infant Milk- Orchard Pre-School support breastfeeding, and can provide a quiet, private space for breastfeeding mothers. We can store expressed milk in the fridge, and will label it with the correct name and date. We will work to support breastfeeding mothers who are returning to work or study. If formula feeding, we will follow all appropriate food safety precautions when preparing milk for feeds.

Fussy Eating- Fussy eating is common within children, and as a setting we have procedures in place to deal effectively with fussy eating. We encourage children to eat well by using verbal praise and/or stickers; however food is never used as a



reward or punishment. All children will receive a pudding, regardless of whether they have eaten their main meal. Children are always given between 30-40 minutes to finish their meal, and seated with other children and adults to encourage good eating behaviours.

Food and health education

Knowledge for children- The Family Food First team have provided us with a learning framework, of which to base children's food and health activities around. These include aspects of nutrition, physical activity and oral health. The setting will also support food and health education in various other ways (e.g. growing fruits and vegetables in the garden, providing toothbrushes and toothpaste to each child during National Smile month and providing physical activity bags for families to borrow over the weekends.) Within the setting we will promote Change 4 Life, Start 4 Life, Healthy Start and National Smile Month, as well as further campaigns. Please ask for more details about any of these campaigns.

Cooking Activities- The majority of cooking sessions within the setting will have an emphasis on healthy, savoury foods, in line with the Family Food First healthy ethos. If sweet foods are made, they will be given out to the parents at the end of the day, and encouraged to be eaten after a meal as a dessert, to minimise damaging effects on children's teeth.

Health Information & Resources- Parents and carers should be able to find a lot of useful health information and resources within the setting; there are health messages and campaigns displayed throughout the main hallway. There are also useful links on our website. If you have any additional health queries or concerns, please speak to the main office who will discuss with you or signpost you to the correct organisation or professionals. Parents/carers will be supported by the setting to change unhealthy behaviours (e.g. sugary drink consumption, dummy use, bottle use, fussy eating). Please speak to your key worker or the main office if you have any concerns.

Physical activity

Physical Activity Guidelines- Orchard Pre-School will aim to adhere to the Department of Health Physical Activity guidelines for under 5's:

- All walkers should be physically active for 180 minutes each day.
- All non walkers should be encouraged to move more.

The setting will support these guidelines by providing children with the opportunity to be physically active for at least 45 minutes during every three hour session. Activities should include full body movements involving arms, trunk and legs such as jumping, running, throwing etc.

Purposeful Physical Play- The setting will work with children on their physical development, and provide opportunities through purposeful physical play for children



to expand and develop their physical skills. Physical activity plans will incorporate children's development, which will be monitored by key worker.

Active Travel- Active travel will be promoted in the setting; active travel includes any form of physical activity, such as walking, cycling or riding a scooter. There is space for bikes and scooters to be kept at the setting during the day.

Signed: _____

Review Date: _____