

## Puddle Ducks Healthy Food and Well-being Policy

- The nursery actively promotes healthy eating and Well-being of staff, children and parent's.
- The nursery ensures that all aspects of nursery life support healthy lifestyle messages.
- We encourage the active involvement of the community, health service and wider health/well-being programmes - strong links with Gwent healthcare NHS Trust - oral hygienist, Susan Barry - Community nutritionist.
- We will have regular campaigns and information in the nursery about healthy eating.
- The manager requests that all parent's / carer provide information on their child's dietary needs, allergies or preferences before they start at the nursery to ensure that all staff are made aware of the child's needs. This is identified when a parent / carer completes the Initial Registration documents for their child and is then discussed in full with room supervisors. Any issues are highlighted during staff meeting to ensure all staff are aware of the issue.
- We will offer fresh water for the children to drink throughout the day freely, at mealtimes and milk during morning break. (As stated in our Health, hygiene and safety policy)
- Staff promote a positive attitude to healthy eating and well-being through the curriculum (As stated in our Health, hygiene and safety policy)
- It is our policy, wherever we can, to use fresh produce. This will be purchased on a weekly basis.
- We use every opportunity to improve the physical environment.
- We are committed to maintaining a high standard of care in the Nursery, and this is backed by access to suitable and varied training for staff when using the kitchen area and preparation of food (Food health and Hygiene trained).
- We aim to include all children whatever their needs. We will assess the needs of children with food allergies or special

diets prior to admission and liaise with kitchen staff and managers to ensure that we can provide a safe environment for the child. Parents are responsible for keeping the Nursery informed about any food allergies your child may have. So individual dietary requirements will be respected and planned for in advance.

- Fortnightly menu is displayed in the main reception area.
- The nursery's ethos in relation to food is to provide a varied diet containing healthy whole food as much as possible.
- We believe in providing a wide range of foods from a variety of cultures and actively encourage parents and carers to share recipe ideas with us.
- Fresh vegetables are available every meal time as an extra if requested.
- Puddings are varied and fresh fruit is also offered at every mealtime.
- As children grow, we will encourage the children to drink and eat independently and use crockery and cutlery appropriate to their stage of development.
- In nursery we aim to ensure that the standard of table manners and behaviour, which is expected, will be consistent. Meal times/snack times should be a social occasion for both the staff and children.
- Children will not be separated at meal times according to development. Children will be encouraged to eat and to sample foods but will not be forced.
- Children who eat slower will be given plenty of time to eat their meal without being rushed.
- All children are encouraged to be independent while ensuring they also get the help and assistance they need.
- The babies are either seated in high chairs or held while feeding. If in a high chair then safety straps are used and the children are always supervised.
- Whilst bottle-feeding the babies are held in arms.
- Food for the weaning babies will be blended / pureed, daily.

- We ensure all children wash their hands before and after eating. (As stated in our Health, hygiene and safety policy)
- We ensure all children clean their teeth after meal/snack times. (As stated in our Health, hygiene and safety policy)
- Liquid and soap bars (Changed 2 weekly) are provided with paper towels in all areas. (As stated in our Health, hygiene and safety policy)

- **The nursery provides the following on a daily basis:**

08.00 - 8.30 Breakfast - Toast, cereal and milk.

10.15 Snack - Milk and fresh fruit.

12.30 Lunch - Cooked lunch and dessert.

16.15 Tea - A light meal with water and fruit / cucumber.

Please note that tea is only a small meal to sustain your child until they get home after nursery (eg and is not intended to replace their evening meal).