

Happy Valley Pre-School Ltd

Healthy Eating Policy

This document outlines the aims and strategies for the promotion of healthy eating at Happy Valley Pre-School Ltd. A sound understanding of healthy eating is important because in order to grown into healthy adults, children need to know about the effects a range of food and drinks cane have on their bodies, and about what they can do to help ensure healthy physical growth.

Our Aim

Staff at Happy Valley Pre-School Ltd are committed to meeting the EYFS requirements and the individual needs of children attending. We aim to do this in a variety of ways:

- Discussing with parents on their child's entry to the setting their individual dietary needs, and allergies and any religious requirements.
- Recording information about individual children and ensuring that all staff are aware of those needs (e.g. allergies and the possible use of an epi pen).
- Providing nutritious food using fresh produce.
- Ensuring that where children bring packed lunches parents are aware of the need to provide healthy foods.
- Discussions with parents regarding their children's need on a regular basis and updating records accordingly.
- Ensuring that snacks are varied, that children and parents are consulted and that menus are displayed.
- Ensuring that children are offered snacks according to parents' wishes, cultural and medical requirements and individual needs.
- Displaying information about snack times.
- Ensuring that children are offered age appropriate utensils.
- Providing meal times that are social times where children feel comfortable, staff participate and independence is encouraged.

At Happy Valley Pre-School Ltd we will make every effort to help educate the children about the importance of a healthy balanced diet and the importance of a healthy lifestyle with planned activities and discussions based on the topic of health and hygiene and general day to day discussion as matters arise. We will take into consideration cultural, religious and other dietary requirements when planning our snack menus and by working in close partnership with parent/carers will ensure that we meet their child's particular needs. This will also provide us with a valuable opportunity to introduce all of the children that attend our setting to different cultural food types.

Food and Drink Preparation

All staff at Happy Valley Pre-School Ltd have a duty and responsibility for the correct maintenance of food and drink preparation areas. As part of staff responsibilities they are required to follow and promote good practice for the following:

- Staff will undertake appropriate food hygiene training externally.
- Surfaces will be cleaned before and after any food/drink preparation.
- Food and drink preparation areas will be used solely for that purpose.
- Faults and breakages will be reported to the Manager.
- Equipment will be checked regularly as per regulatory requirements.
- The setting will hold the required environmental health certificate.
- Temperatures will be recorded daily e.g. fridge and freezer temperatures.
- Hot food will be cooked and served at the correct temperatures using specialist equipment (digital thermometers).
- Long hair is tied back.
- Open cuts or abrasions are covered using blue plasters.

Food and Hygiene Issues

As part of everyday practice staff at Happy Valley Pre-School Ltd promote the need for good hygiene practice, reinforcing the need to wash hands after going to the toilet and before and after eating, providing the children with the reasons for this in an age appropriate manner. The following practices are employed at Happy Valley Pre-School Ltd:

- Table tops are wiped clean using an antibacterial preparation before cooking sessions.
- Children wash their hands with antibacterial soap before and after cooking sessions.
- Children are expected to always wash their hands after using the toilet or before handling food e.g. before snack time.

Hot Meals

Hot meals that's are available at lunchtime are all prepared freshly on site by our cook. Menus are on a three week rota and are displayed on our parent's notice board, the menu indicates all the allergens for each meal/pudding following the food information regulation 2014.

This policy was reviewed and checked on: February 2020

Signed on behalf of the Pre-School: _____
(Pre-School Director)

Next Review: February 2021

Reviewed: _____

Signed on behalf of the Pre-School: _____
(Pre-School Director)

Next Review: _____