

## **Policy statement.**



Avenue Nursery and Forest School regards snack and mealtimes as an important part of the day. Eating is a social time for children and adults, helping children to learn about healthy eating, an awareness of nutrition and develop independence skills. We promote regular physical activity for optimal growth and development, which is valuable in developing motor skills, promoting healthy weight, enhancing bone and muscle development and facilitates the learning of social skills. These are in line with UK Public Health guidelines for Early Years. Fleur Drury is our Lead PANCo (Physical Activity and Nutrition Co-ordinator) and takes responsibility for coordinating our approach to nutrition, healthy eating and physical activity for children within our settings. Developing a consistent approach to improving outcomes for children attending Toddler Room, Nursery Room and Forest School.

## **Aims:**

At snack time and mealtimes, we aim to provide and serve nutritious food, which meets all children's individual dietary needs.

We aim to ensure all children have regular access to physical activities throughout the day with our open-door policy.

We aim for all young children under 5 years to be encouraged to be active to a level appropriate for their ability.

We aim for all our pre-school aged children who are capable of walking unaided to be physically active daily for at least 180 minutes (3 hours), spread throughout the day.

We aim for all children under 5 years to minimise their time spent sedentary (being restrained or sitting) for extended periods, except for time sleeping.

We aim for our Early Years practitioners to understand the importance of physical activity for young children under 5 years and promote and facilitate play opportunities by providing stimulating and enabling environments for structured and unstructured physical activity and movement experiences.

We aim to work in partnership with children, parents and their families to promote healthier lifestyle choices with regard to nutrition, healthy eating and physical activity.

## **Procedures:**

Before a child starts to attend the setting, we find out from parents their child's dietary needs, including any allergies or lifestyle choices.

The cultural, religious and medical needs of individual children are respected by all staff, parents and visitors.

We record information about each child's dietary needs in his/her registration records. We regularly consult with parents to ensure that our records of their children's dietary needs, including any allergies, are up to date.

We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them. A list of children with allergies is kept in the kitchen and on the food registers.

We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parent's wishes.

Menu is on a two weekly rotation and is changed and amended seasonally. we make sure all meals are nutritionally balanced meals. Menus are displayed for parents from the beginning of each new term. When making changes to menus we ask children and families for suggestions and ideas.

We provide nutritious food at snack time consisting of a carbohydrate and two choices of fruit.

We also provide fresh drinking water or milk at snack time and water at lunch time. Water is readily available throughout the day. We ask parents to provide their child with a water bottle and to provide water only.

We will implement fun and informative activities using real food to further the children's knowledge of healthy eating and to learn where food comes from.

Celebrations and special occasions are celebrated in alternative ways such as balloons and party games rather than with a cake, this reduces the amount of high fat and high sugar foods children are consuming while at our setting.

If a pack lunch is required for a trip or outing, we will send out information to parents to promote importance of healthy lunch choices and suggest nutritional items to consider and inform parents we do not allow fizzy drinks or sweets at all.

### **During meals, the nursery staff will:**

Make meal times an enjoyable, social occasion for children.

Have a rolling snack and lunch time, so that children can choose when they are ready to come and eat and as to not interrupt their play. Snack is a choice, although we do encourage children to at least have a drink. Lunch time we have a food register to make sure each child has sat down for lunch.

Use meal and snack times to help promote children to develop independence through participating in the preparation of meal when appropriate, making choices, serving food and drink, and feeding themselves.

Encourage 'picky eating' children to have a bit of everything on their plate and try new foods if they choose to, even just by touching or licking the food. We do not make a fuss if they do not try it.

We do not withhold pudding if a child does not eat the main part of their meal, or use this as a way of encouraging them to eat more.

We praise a child when they try something new.

Model good eating habits by sitting and eating meals with the children.

Encourage lots of conversation, table manners, and use of words such as 'please' and 'thank you'.

Not rush children if they are slow eaters.