



Healthy eating

Nailsworth Playgroup encourage happy and social mealtimes for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering children healthy, nutritious snacks which meet individual needs and requirements.

We will ensure that:

- A balanced and healthy two daily snacks are provided for children attending a full day at the Playgroup. This is provided alongside water and/or milk
- Parents are encouraged to provide their children with healthy eating lunch boxes (please contact us for more support or information on this if required) or follow the [Eatwell guidance](#)
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings. Menus are planned with reference to the Example menus for early years settings in England (Public Health England 2017)
- Fresh drinking water is always available and accessible, it is frequently offered to children and intake is monitored to make sure children stay hydrated
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs, including any special dietary requirements, and food allergies that a child has and any special health requirements before a child starts or joins the Playgroup. Where appropriate, we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child
- We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate, an adult will sit with children during meals to ensure safety and minimise risks. If needed, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods

- Staff show sensitivity in providing for children's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy
- During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves
- Staff support children to make healthy choices and understand the need for healthy eating
- Cultural differences in eating habits are respected
- Children not on special diets are encouraged to eat a small piece of everything
- Children who refuse to eat at the mealtime are offered food later in the day
- Children are given time to eat at their own pace and not rushed
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for young children
- We promote positive attitudes to healthy eating through play opportunities and discussions
- No child is ever left alone when eating/drinking to minimise the risk of choking
- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits. These will be given at mealtimes to prevent tooth decay and not spoil the child's appetite.
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given (please refer to the Food Hygiene Policy)

Related forms/policies

Food hygiene policy

Further guidance

Example menus for early years settings in England (Public Health England 2017)