

Healthy Eating Policy

Perth College UHI Nursery

May 2021

Also available in large print (16pt)
And electronic format.

Ask Student Services for details.

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Version Control History

Version Number	Date of Change	Summary of Revisions Made
0		
1	August 2016	Footer updated to reflect new template model.
2	May 2021	Title changed from Nursery Coordinator to Nursery Manager. 4.7 added to reflect included Government lunch for eligible children who are three or over and Strong Start places.

Uncontrolled When Printed

Healthy Eating Policy

1 Purpose

- 1.1 The Nursery is committed to encouraging healthy eating habits in young children. This policy details the Key Principles that will be followed in encouraging healthy eating within the Nursery setting and in impacting positively on the foods provided for children's lunches by parents/carers.

2 Scope

- 2.1 The policy is relevant to all Nursery staff, volunteers and all children in the care of the Nursery and their parents/carers. It is also relevant to students on placement in the Nursery.

3 Definitions

- 3.1 None.

4 Key Principles

- 4.1 A nutritious diet and regular physical activity are encouraged within the Nursery as fundamental elements of proper growth and development in young children.
- 4.2 A well-balanced snack is provided to children during each session in accordance with local and national guidelines. Foods provided will be low in salt and sugar Milk and water will be offered as drinks at snack time and water at lunchtime. Fresh water will be available at all times.
- 4.3 Children are encouraged to become involved in the choice and preparation of a variety of healthy foods for snacks.
- 4.4 Multicultural needs and special dietary requirements are taken into account in the planning of snack provision. Menus and allergens within foods will be displayed for all staff, children, parents/carers, volunteers and students on placement to see.
- 4.5 Opportunities are provided for children to learn about healthy lifestyles, hygiene and diet, encouraged to develop independence skills and social skills and encouraged to grow foods to use as part of snack menus.
- 4.6 The policy and information and advice on healthy eating for children is made available to parents/carers to encourage the provision of healthy lunches. When sending a packed lunch parents will be encouraged to ensure healthy foods are the staples and that sweet treats are kept to a minimum. Menus will be shared with parents. Parents will be informed about the importance of including an ice pack with packed meals.

Title: Healthy Eating Policy

Version/Status: V2/Final

Approved By/Date: CMT/June 2021

Impact Assessment Status: Approved

Effective Publication Date: June 2021

Owner: Depute Principal

Lead Author: Head of Student Experience

Lead Editor: Nursery Manager

Review Timing/Date: 3 years, 2023/24

- 4.7 For Government Funded lunches for Strong Start places and for Children aged three and over, a lunch will be provided by Sodexo. Menu's will be balanced with healthy options and menus and food allergens will be displayed and sent out to parent's in advance. Nursery Management and Sodexo will work with any parent/carer to meet any specific dietary requirements of any child.
- 4.8 High standards of food hygiene and the Nursery's Food Hygiene Certificate are maintained.

5 Responsibilities

- 5.1 The Nursery Manager has overall responsibility for ensuring that this policy is implemented.
- 5.2 All staff are responsible for ensuring that they follow the Key Principles of the policy within their professional practice. Staff will also encourage good hand hygiene, sit with children to provide a good role model, provide a nurturing approach and encourage and support quality conversations. Staff will encourage children to try new foods and consult with parents/carers regarding children's preferences and feedback.
- 5.3 The Nursery Manager is responsible for monitoring the effectiveness of the policy and will access appropriate feedback from staff on an on-going basis to support this.
- 5.4 The Nursery Manager is responsible for the reviewing and updating of the policy.
- 5.5 The Head of Student Experience is responsible for approving the policy.

6 Linked Policies/Related Documents

- Perth College UHI Nursery Healthy Eating Procedure.
- Perth College UHI Nursery Prevention of Infection Policy.
- Perth College UHI Nursery Staff Induction Policy.
- Perth College UHI Nursery Student and Volunteer Induction Policy.
- Health and Social Care Standards 2017.
- Setting the Table 2018.
- The Eatwell Guide 2018.
- Food Matters 2019.

7 Relevant Legislation

- 7.1 None.

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