

**UHI | PERTH**

# **Healthy Eating Policy**

UHI Perth Nursery

## Version Control History

<b>Version Number</b>	<b>Date of Change</b>	<b>Summary of Revisions Made</b>
0		
1	August 2016	Footer updated to reflect new template.
2	May 2021	Title changed from Nursery Coordinator to Nursery Manager 4.7 added to reflect included Government lunch for eligible children who are 3 or over and Strong Start places.
2.1	February 2024	Updated to UHI Perth branding.

# Healthy Eating Policy

## 1 Purpose

- 1.1 The UHI Perth 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 UHI Perth 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 UHI Perth 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 food 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.
- 4.7 For Government Funded lunches for Strong Start 2 places and for Children aged three and over, a lunch will be provided by Aramark. 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 Aramark will work with any parent/carers 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 Quality approval check of the policy is the responsibility of the Head of Human Resources and Organisational Development who will arrange for the policy to be published.

## 6 Linked Policies/Related Documents

- 6.1 UHI Perth Nursery Healthy Eating Procedure.
- 6.2 UHI Perth Nursery Prevention of Infection Policy.

- 6.3 UHI Perth Nursery Staff Induction Policy.
- 6.4 UHI Perth Nursery Student and Volunteer Induction Policy.
- 6.5 Health and Social Care Standards 2017.
- 6.6 Setting the Table 2018.
- 6.7 The Eatwell Guide 2018.
- 6.8 Food Matters 2019.

## 7 **Relevant Legislation**

- 7.1 None.