



## East Linton Nursery Healthy Eating Policy

Snack time is an integral part in the social life of the nursery. It is also a time to reinforce children's understanding of the importance of healthy eating, share stories and socialise with peers and adults.

We will achieve this by ensuring that:

- All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Children's medical and personal dietary requirements are respected.
- The 14 allergens are respected and displayed in the kitchen and next to snack menus in our cloakroom.
- Menus are planned in advance and food offered is fresh, wholesome and balanced.
- Children will have the opportunity to discuss snack choices and plan ahead with staff
- Whenever possible a child will be involved in making a cake on their birthday
- All children will have the opportunity regularly to be involved in the preparation of snack.
- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity to try unfamiliar foods.
- Children will be encouraged, but never forced, to try new foods.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
- Milk provided for children is whole and pasteurised.
- Water is always available.
- Generally 'Value' foods will not be served but will be used for e.g. playdough
- Fruit and / or vegetables will be served every day
- The Healthy Eating policy and snack menus are shared with parents.