

## **Nutrition Policy**

### **Willow Nursery School**

#### Rationale:

The governors and staff recognise the connection between a healthy diet and a child's ability to develop and learn effectively.

Through an effective nutrition policy, the governors and staff aim to establish life-long healthy eating habits for the children.

The governors and staff recognise the importance of promoting eating as an enjoyable activity, as well as one which contributes to good health.

Staff and governors recognise the principles of a healthy diet as being low in fat, sugar and salt and high in fibre, with plenty of starchy foods, fruit and vegetables. They also recognise the benefits of developing healthy eating habits from childhood.

#### Aims:

To provide experiences to develop the children's enjoyment of food as well as their ability to make informed food choices

To acknowledge and respect the eating habits of the children and their families

To encourage the children to develop positive attitudes towards eating

#### Guidelines:

\* Children who have a full day place are asked to bring a packed lunch with them.

\* Parents or guardians will be advised if their child is not eating well.

\* Parents of children with special diets will be asked to provide as much information as possible about suitable food and in some cases may be asked to provide food themselves.

\* When parents are providing a packed lunch for their children, they will be offered guidelines as to what to include. This includes no fizzy drinks or confectionary.

\* Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.

\* Staff will sit with the children while they eat.

\* Food containing nuts is discouraged from classroom areas. Parents are asked not to provide food containing nuts in their child's lunchbox.

\* Each child is offered a carton of milk each day.

- \* Children have access to fresh drinking water at all times of the day.
- \* Each child will be offered a piece of fruit or vegetable each day if available. Parents are asked to donate fruit and vegetables to share.
- \* Staff will take account of children's individual needs (allergies, intolerances etc.) when planning activities involving food.
- \* Staff will take account of cultural diversity when planning activities around food.
- \* When parties take place in school (Christmas, end of term etc.) parents are offered guidelines as what to provide.
- \* Advice will be given to parents about suitable ways of celebrating birthdays. They will be asked not to supply sweets to celebrate birthdays.

#### Food Hygiene:

- \* Children will be reminded to wash their hands before handling food.
- \* Children will be reminded to wash their hands after using the toilet.
- \* Food products will be stored at appropriate temperatures and note will be taken of "use by" dates.
- \* Unused milk and fruit will be disposed of at the end of each session.
- \* Surfaces will be wiped with an antibacterial cleaner after they have been used for food activities.

#### Monitoring:

The Headteacher will monitor the quality of the packed lunches.  
The Health and Safety co-ordinator will monitor the ingredients provided for cooking activities

Reviewed: Spring 2025

Next review: Spring 2027