



## **Welbourn Preschool Healthy Eating Policy**

At Welbourn Preschool we encourage children to develop a positive attitude to food and healthy lifestyles. We are committed to meeting the EYFS Welfare Requirements and the individual needs of children attending the setting. We aim to do this by:

- Discussing with parents on their child's entry to the setting their individual dietary needs, any allergies and any religious requirements
- Recording information about individual children and ensuring that all staff are aware of those needs
- Providing nutritious food using fresh produce
- Ensuring that where children bring packed lunches, parents are aware of the need to provide healthy foods
- Discussions with parents regarding their children's needs on a regular basis and updating records accordingly
- Ensuring that children are offered food and snacks according to parent's wishes, cultural and medical requirements and individual needs
- Displaying information about snack times
- Informing parents of the storage facilities for food and drinks
- Ensuring that children are offered age appropriate utensils
- Providing snack times that are social times where children feel comfortable, staff participate, and independence is encouraged
- Working with required agencies to ensure all requirements are met with regard to the handling and preparation of food

We will make every effort to help educate the children and parents about the importance of a healthy balanced diet, and the importance of a healthy lifestyle.

We will take into consideration cultural, religious and other dietary requirements when planning our menus, and by working in close partnership with parents/carers will ensure that we meet their child's particular needs. This will also provide us with a valuable opportunity to introduce all of the children that attend our setting to different cultural food types.

## **Food and Drink Preparation**

All staff at Welbourn Pre-School has a duty and responsibility for the correct maintenance of food and drink preparation areas.

- Staff will undertake appropriate food hygiene training both external and internal.
- Surfaces will be cleaned before and after any food/drink preparation.
- Food and drink preparation areas will be used solely for that purpose.
- Faults and breakages will be reported to the Manager.
- Equipment will be checked regularly as per regulatory requirements.
- The setting will hold the required Environmental Health Certificate.

This policy has been adopted by Welbourn Preschool

Signed on behalf of the setting by:

**Chairperson**

**Secretary**

**Date**

**Review Date**

October 2020

October 2021