



## HEALTHY EATING AND TOOTH FRIENDLY POLICY

Bobtails is committed to encouraging and developing children's awareness of nutrition so that they can make informed choices about food and drink. We will help to develop positive attitudes to diet, health and oral health, raise awareness of nutrition and offer healthy eating and drinking opportunities to the benefit of children and staff in the nursery.

We receive regular information on nutrition and exercise through the Change For Life programme. We have fact sheets in the policy appendix that outline food cultural and religious differences that might need to be observed.

- We offer a nutritious hot meal option, with vegetables, at lunchtime which is served at the premises. Where parents provide their own packed lunches we will encourage them to balance the contents of the lunch boxes.
- Where a child still uses a comforter we will encourage the child to only use it when they are tired or need consoling and not to spend the entire session with a dummy in their mouth.
- Bobtails operate a healthy eating and tooth friendly policy.
- Bobtails will support and encourage good table manners and social eating skills.
- Mealtimes will be treated as a learning opportunity and a social event.
- Staff will sit with the children at mealtimes even if the adult is not eating with the children.
- Fresh water is available throughout the day and the children are encouraged to help themselves.
- At snack time the children are offered water and milk; sometimes hot chocolate in winter. Children are encouraged to progress from bottles/feeder cups to beakers and proper cups.
- A selection of fresh fruits and salad vegetables with either cheese and crackers, toast with jam or marmite or bread and butter are offered at snack time
- For special occasions we have Chinese noodles, prawn crackers, Indian rice, Poppadoms, croissants, scones, bagels and birthday cake
- Parents are advised that if children bring birthday cakes in to share with their friends they do not contain anything that might cause an allergic reaction in other children.





- Children are not encouraged to bring sweets to school and sweets or chocolates are not offered as a reward.
- We promote good manners and encourage children to eat nicely using plates for snack and lunch time
- Children are encouraged to help with preparation, service and tidy up after eating
- Children are encouraged to wash up their own cups and plates as part of their introduction to responsibility for their own need
- Bobtails offers healthy, balanced mid-day meals with alternatives for children with allergies or intolerances.
- Parents will be encouraged to provide healthy foods in their child's lunch box and the children will be encouraged to consume most of the contents. Anything not eaten will be packed away and sent home with the child so the parent knows exactly what the child has had.
- We will encourage parents to either provide a cool bag or place icepacks in their child's lunchbox to ensure food is safely stored until lunchtime.
- All members of staff will be given instruction & guidance regarding food hygiene & the safe preparation of & disposal of food items.

