

# Healthy Eating Policy

## *Statement of intent*

Bishy Barnabees regards snack and meal times as an important part of our days. We are committed to ensuring our children eat healthily and understand the importance of doing so.

## *Aim*

At snack and meal times, we aim to provide nutritious, healthy food, giving opportunities to experience new foods, whilst ensuring we meet the children's individual dietary needs.

## *Methods*

- At snack and meal times, we provide fresh foods, including fruit and vegetables.
- Various types of bread, crackers etc. are on offer.
- All children have access to a choice of drinks including water and whole pasteurized milk.
- We look at many festivals throughout the year and try to incorporate these into our snack and meal times.
- We provide nutritious food, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day/sessions.
- We encourage our children to clean their hands before snack and meal times explaining the reasons why we need to do this, using language that is suitable for each child's age and development.
- Our snack and meal times incorporate a number of learning experiences including independence, hand-eye coordination, sensory development, sharing, self esteem, self confidence and the opportunity to learn about different foods and cooking.

This policy was adopted in May 2008, updated July 2015,  
Reviewed March 2017

See also Equality, Inclusion & Diversity policy.