



Nutrition and Healthy Eating Policy

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Purpose

To ensure that children are provided with healthy food and drink while they are attending

Little Footsteps Occasional Childcare Centre and that normal growth and development is promoted by the Early Years Educators.

Although the Centre does not provide food, the Early Childhood Educators recognise the importance of supporting families in promoting healthy food and drinks to the children in their care. It is acknowledged that Little Footsteps Occasional Care have an important role in supporting families in developing healthy eating patterns.

Policy

Parents are to provide children with healthy and nutritious NUT FREE food in their lunch boxes. Foods included in their lunch boxes must be within their used by dates and lunch boxes are too labelled with the child's name.

Procedure

- All food and drink are to be brought to care in appropriate containers or lunch boxes and must not be past their use by date. Containers and lunch boxes must be clearly marked with the child's name.
- Early Childhood Educators and parents will be aware of children with food allergies, food intolerances and special diets - we promote a NUT FREE service. All foods containing nuts will be removed by educators.
- The service will provide information to families on the types of foods and drinks recommended for children and suitable for children's lunchboxes.
- Early Childhood Educators will encourage children to eat nutritious foods provided in their lunchbox, such as sandwiches, fruit, vegetables, cheese, yoghurt or a healthy fruit muffin, before eating any less nutritious food provided.
- If a parent/guardian provides food which in the educators view is either inadequate or inappropriate, the educator will discuss this with the parent/guardian.
- Educators will ensure water is readily available for children to drink throughout the day. Extra care will be given to encourage children to drink more water in hot weather.

- Educators will recognise, nurture and celebrate the dietary differences of children from culturally and linguistically diverse backgrounds.
- Educators will create a relaxed atmosphere at snack times where Children have enough time to sit, eat and enjoy their food as well as enjoying the social interactions with educators and other children. Educators respect each child's appetite; if a child is not hungry they will not be required to eat.
- If parents are providing food to be shared with the group, they must discuss this first with educators.
- Children will be encouraged to participate in a variety of 'hands-on' food preparation and cooking experiences, as well as discussions about healthy food and drink choices.