

Healthy Eating Policy

We at FRS Kindergarten recognise the importance of a healthy diet in children's development. The impact that a poor diet has on the health and general wellbeing of children has been well documented.

What children eat plays an important part in keeping happy, healthy and growing and developing properly. We will continually strive to promote a healthy life style for the children in our care and to provide children with learning experiences about food and nutrition. We shall work with partnership agencies to promote a healthy environment and healthy lifestyle in the Early Years settings.

We will ensure that our children have the opportunity each morning to eat a fruit/ vegetable snack, which they shall bring from home. In the case of children staying at nursery for lunch, we shall encourage parents to provide them with a healthy nutritional lunch that contains an ice pack to ensure the freshness of food.

Tables and surfaces will be prepared prior to eating food in a safe and hygienic manner and to promote hygienic food practices:

- All ingredients and food that are brought into the Synagogue must be kosher or suitable for vegetarian.
- Cookery activities will be planned with healthy eating in mind and recipes that promote this will be chosen wherever possible. Cakes and biscuits will be kept to a minimum.
- Fresh drinking water will be available at all times and children will be encouraged to help themselves whenever thirsty and encouraged to drink plenty during hot weather.
- Water and semi-skimmed milk will be offered with the mid-morning snack.
- We shall use a no added sugar blackcurrant squash for Kabbalat Shabbat each Friday as a substitute for Kiddush wine.
- On special occasions such as parties and religious celebrations we may offer the children diluted fruit juice as an alternative drink.
- Parents and carers will be informed of the healthy eating policy from the beginning and consulted on their child's dietary and medical needs regularly.

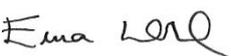
- Parents with children on special diets will be asked to provide details on any special food needs. The Kindergarten is a nut free zone.
- Practitioners should set an example by eating the same food as the children and sharing in this social time. Only food available for the children should be consumed during group meal and snack times (with medical exceptions).
- Parents are requested to buy a book for the kindergarten rather than to provide food in order to mark special occasions such as birthdays and cultural and religious festivals. A small piece of cake per child or fruit is suggested to parents wishing to bring in food. Party packs and other 'party foods' will be actively discouraged.
- All staff should have an awareness of safe food handling and hygiene and should promote good practice to children by example; e.g. wash their hands before handling food or eating meals and snacks
- Practitioners should keep abreast of local and national initiatives to promote healthy lifestyles, involve other partners to incorporate them in the centre curriculum and provide information for parents and carers.

Legal framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

Further guidance

- Safer Food, Better Business (Food Standards Agency 2011)

This policy was adopted by	FRS Kindergarten	<i>(name of provider)</i>
On	<u>26th February 2021</u>	<i>(date)</i>
Date to be reviewed	<u>25th February 2022</u>	<i>(date)</i>
Signed on behalf of the provider		
Name of signatory	<u>Emma Wohl</u>	
Role of signatory (e.g. chair, director or owner)	<u>Headteacher</u>	