



Health Eating Policy

Policy Statement

Grace Park Montessori Pre-School aims to ensure the safety and well-being of all who attend the service. Procedures and practices are in place to assist us in this regard. We have adopted a policy in relation to healthy eating in the early years. Meal times are an opportunity for social interaction and for learning about how to make healthy choices around food and beverages. We aim to educate the children about nutrition. At Grace Park Montessori we believe that good health and good food in the early years helps to safeguard children's well-being throughout their lives. In our pre-school, we believe that it is important that children develop healthy eating habits from a young age. It is the policy of this service to encourage healthy eating.

Principle

This policy is underwritten by the *Child Care Act 1991 (Early Years Services) Regulations 2016*.

At Grace Park Montessori all foods and drinks provided by the pre-school are nutritious and comply with the dietary requirements of children. Food is purchased from reputable suppliers who comply with food safety practices. The storage and preparation of food in the setting comply with statutory requirements. Staff are trained in food handling and safety.

Eating habits are developed when the children are young. Grace Park Montessori has a role to play in promoting healthy eating habits within the early years.

We do this by:

- involving children in healthy food related activities, e.g. choosing healthy foods over non-healthy options;
- supporting parents in encouraging a healthy diet among children; and
- encouraging parents to support our healthy eating policy.

Standard Procedures

- Milk or juice is served as morning and afternoon snacks.
- Potable drinking water is available at all times.
- Fizzy drinks are not provided.
- Diluted unsweetened fruit juice may be served from time to time.
- A weekly snack menu provides the children with varied foods.
- Recipes and food suggestions are available to parents.
- Parents will be advised if their child is not eating well.

Other Practices

- Parents of children on special diets are asked to provide as much information as possible about suitable foods. If necessary, parents may be asked to provide food.
- Teachers sit with the children when they eat and encourage good eating habits.
- Parents are asked not to send sweets, crisps and other snack foods to the pre-school.
- Birthday party food is planned in advance.
- Staff receive training in relation to healthy eating and food safety.
- Children are encouraged to play outside every day, weather permitting, to ensure they receive sufficient sunlight which helps their bodies to make vitamin D.
- Staff communicate with parents if there are any issues around eating.
- Healthy eating suggestions will be given out to parent to support them to give their children healthy food options.

Allergies

- Parents are required to indicate any allergies or food intolerances which a child may have.
- A chart is kept with the name of the child and the allergy type.
- When preparing food, care is taken so that an allergic food type will not come into contact with other foods
- For severe allergic reactions, an injectable adrenaline aka Epi-pen/ Anapen/ Jext may be used.
- Staff are trained on the use of such devices and on what to do in the event of anaphylactic shock.

This Policy is to be read in conjunction with our

- Health & Safety Policy
- Risk management Policy
- Staff training and Staff Policy

Jozefa Chrobak

Directress

Reviewed on:	14 January 2023
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