



**Policy Document 09 – Our Healthy Eating Policy**

01	<p>Part of our commitment to OFSTED is that we ensure children in our care receive food that is nutritious. If a child is provided with a packed lunch, we must insist on the following:</p> <ul style="list-style-type: none"><li>• No chocolate or sweets are provided.</li><li>• At least 2 pieces of fruit or raw vegetables are provided.</li><li>• The amount of snacks containing large amounts of salt (e.g. crisps), are kept to a minimum.</li><li>• No nuts or products containing nuts are provided to minimise the risk of any allergic reactions, not only by your children but others in the group.</li><li>• If we feel the nutritional standard of the food provided is not adequate we will inform you immediately.</li></ul>
02	<p>Where a child is provided with meals by the setting (in the case of The Wincanton Early Years Centre), the food will be of an excellent standard, ensuring a cultural and nutritional balance is maintained at all times. Daily menus will be displayed using both words and pictures to make them accessible to parents/carers and children.</p>
03	<p>Under no circumstances will a child be forced to eat food by any member of staff. The child will be encouraged to taste the food and if no progress is made the food will be removed and the next item provided.</p>
04	<p>All children are encouraged to sit together at meal times. Older children are expected to sit up at the table whilst younger children are seated in highchairs or specially designed seats incorporating a feeding tray. All children are expected to wash hands before their meal and ask to leave the table when they have finished.</p>
05	<p>Wherever possible children are encouraged to feed themselves under supervision.</p>

Prepared by	Rob Green
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