

MANOR HOUSE SCHOOL EYFS HEALTHY FOOD POLICY

Date of Issue: **February 2019**
Date of Review: **February 2021**
Responsibility: **Head of Early Years**

References:

EYFS Statutory Framework
Independent School Standard Regulations (2014);

Overview

It is the aim of the school to provide healthy nutritious food and snacks throughout the school day. We believe snack time and meal times should represent a social time for children and adults and encourage children to learn about healthy eating. We aim to provide a balanced diet for the children, which covers their dietary needs.

Dietary requirements

Before a child starts to attend the setting, we ask their parents about their dietary needs and preferences, including any allergies.

Parents are given a form to sign if their child has any allergies or cultural dietary needs

We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.

We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.

Food and Drinks offered

We display the menu for all parents to view and it is posted on the weekly school newsletter. The school or caterers will also offer:

- a two course meal each day with an alternative choice from the jacket potato or salad bar. There is a choice of healthy deserts on offer.
- a light tea for those staying for Honey Pots
- fresh water and milk to drink and offered fresh fruits as a snack
- Inclusion of cultural foods where possible to our menu.

The school will also:

- Ask all early years staff to complete the EduCare training on "Food & Hygiene".
- Continue to instill the no nuts policy across the whole school.
- Ensure each child has a water bottle filled with fresh water each day which is available at all times.

Staff Involvement

We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy. Staff will also:

- eat with the children at lunch time and model good table manners
- help children to develop independence through making food choices, serving food and drink and feeding themselves.
- provide children with utensils that are appropriate for their ages and stages of development.

Snack time is a social occasion where staff encourage children to share fruit.

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Reviewed and Updated: