



Healthy Eating Policy- Updated Dec 2016

We want all children at Kay Rowe, Forest Gate Children's Centre (Kay Rowe) and in the wider community to be able to make healthy food choices so that they can lead healthy and fulfilling lives

General Statement

Our school and centre recognises the importance of balanced healthy eating and enjoying food for pupils' emotional and physical health and wellbeing and the effects these have on an individual child's ability to learn. We also recognise the role our school and centre can play, as part of the wider community, in promoting family health and environmentally sustainable food practice

In order to achieve this we will:

- Offer all children a healthy snack during the morning or afternoon session.
- Milk will be served with morning and afternoon snacks.
- Water will be made freely available at all times.
- Provide regular opportunities for children to become involved in cooking activities
- Offer the "growing project" where children and their families have the opportunity to grow and eat their own food.
- We will not offer children sweets, drinks, cakes, biscuits etc
- We will only accept healthy treats for Birthdays e.g. fruits and vegetables.
- If parents have a concern regarding their child's eating or weight, we will signpost them to the Health Visitor.
- Offer very general advice on Nutrition (according to government recommendations) or signpost families to the NHS website
- Children will be encouraged to play outside every day.

This will ensure that they have an opportunity to be exposed to summer sunlight which helps their bodies to make vitamin D. and provide regular daily exercise.

Cooking Activities

Regular cooking activities will be planned for the nursery and children's centre.

The vast majority of cooking activities will be healthy choices such as sandwiches, fruit salad, stir fries etc

Making cakes and biscuits on occasions is a good learning experience and it is a healthier option to make cakes and biscuits than to buy them so this may become a special but not regular choice of activities. Healthier choices will be made wherever possible.

Celebrations e.g Diwali, Eid and Christmas

We hold regular celebrations at Kay Rowe where we have shared food (parents bring in a dish to share)

As this is a special occasion and not every day we are happy to accept special dishes such as samosas or spring rolls as long as they **are not deep fried**. However we would encourage healthy choices such as popcorn, rice dishes, fruits and vegetables and not crisps, sweets and cakes.

We will not accept sugary drinks such as fruit shoot or fizzy drinks.

In the Children's Centre

We promote healthy eating and lifestyles and we hold the:

Newham Healthy Children's Centre Status.

This means we provide

- Parents with information to support them in improving and maintaining the best nutrition for the whole family.
- As well as nutrition we will give advice on oral health, breastfeeding and physical activity.
- We promote healthy eating through regular cooking activities in our stay and play sessions during the term and also during some Half Term activities, and community days.
- Recipes are also available in the children's centre, for parents to access.

- We also promote healthy snacks on all outings.

Designated members from the children centre staff are available to give advice on Nutrition.

Children With Special Dietary Requirements

- A specific allergy plan will be in place to deal with any child having an allergic reaction.
- Children with other dietary needs will be met e.g. vegetarians, Halal etc

Full time/ Wrap Around

The weekly menu will be on display in advance. Recipes will be available to parents.

- The weekly menu will provide children in child care with a tasty, varied diet.
- All the children in child care will have suitable food made available for them.
- Soya milk drinks will only be given as a substitute for cow's milk with the parent's agreement and then only those fortified with calcium will be given.
- Water will be served with the main meal.
- Children will be allowed to have second helpings of fruit or milk-based desserts.
- Children will still receive dessert if they refuse their main course.
- Sweets and soft drinks will not be served.
- Parents or guardians will be advised if their child is not eating well.
- Parents of children who are on special diets will be asked to provide as much information as possible about suitable foods.
- A specific allergy plan will be in place to deal with any child having an allergic reaction.
- Carers will sit with children while they eat and will provide a good role model for healthy eating.
- Withholding food will not be used as a form of punishment.
- Children will be encouraged to develop good eating skills, table manners and will be given plenty of time to eat.