

Written February 2022

Reviewed by JH 10/10/2024

HEALTHY EATING POLICY

For further information on Healthy Eating please see The Health Improvement Commission website: <https://healthimprovement.gg/>

Humming Bees Nursery is registered with the OEHPR.

Humming Bees Day Nursery is committed to meeting the EYQSF Requirements and the individual needs of children attending.

We aim to do this by:

- Discussing all children's dietary needs with parents upon registration – including allergies, intolerances, and any religious requirements. Discussing with parents on a regular basis their child's need and updating records accordingly
- Reading information about individual children and ensuring that all staff are aware of those needs
- Providing nutritious meals and snacks using fresh produce. All our snacks are either fresh fruit, cheese, or items such as breadsticks, rice crackers or wholemeal biscuits. Our meals are made out our sister company's kitchen (SUGAR HOG, 56 Victoria Street, Alderney) in a controlled area and delivered to the Nursery for lunch time. Our menus can be viewed on the website. Throughout the day we incorporate at least 5 portions of fruit and vegetables
- Providing fresh drinking water that is always available. Juice, even diluted, is discouraged to promote oral health and explain the need for less sugar, even sugar free drinks because of sugar on children's teeth.
- Ensuring that where children bring packed lunches parents are aware of the need to provide healthy foods and help them with ideas if parents ask or if we feel they may need ideas.
- Ensuring that children are offered food and snacks according to parent's wishes (within reason), cultural and medical requirements and individual needs. This is sent to the kitchen weekly and all prepared and labelled up according to their dietary requirements.
- Informing parents of the storage facilities for food and drinks
- Providing parents of children under the age of 2 years with written daily information regarding food and drink intake
- Ensuring that children are offered age-appropriate utensils
- Providing mealtimes that are a social time where children feel comfortable, staff participate, and independence is encouraged
- Making every effort to help educate the children and parents about the importance of a healthy, balanced diet and the importance of a healthy lifestyle through a variety of opportunities and activities.
- Working with required agencies to ensure all requirements are met regarding the handling and preparation of food

- Taking into consideration, cultural religious and other dietary requirements when planning our menus and by working in close partnership with parents/carers we will ensure that we meet their child's particular needs. This will also provide us with a valuable opportunity to introduce all the children that attend our setting to different cultural food types

Food and Drink Preparation

All staff at Humming Bees Day Nursery have a duty and responsibility for the correct maintenance of food and drink preparation areas.

- All staff involved in preparing and handling food must receive training in food hygiene (minimum Level 2)
- The management team will be confident that those responsible for preparing and handling food are competent to do so
- Surfaces will be cleaned before and after any food/drink preparation
- Suitable sterilisation equipment will be provided to support the needs of safe food preparation for babies
- Food and drink preparation areas will be used solely for that purpose
- Faults and breakages will be reported to the Manager
- Equipment will be checked regularly
- The setting will be registered with and hold the required Environmental Health Certificate
- Fridge and Freezer temperatures will be recorded daily
- To manage food allergies all staff will read food labels and avoid cross contamination
- Hot food will be probed, and temperatures recorded daily

If in the unlikely event that food poisoning occurs affecting two or more children looked after on the premises, we will notify SEYT and OEHPR within 48 hours.