

Nursery & Pre-School

Healthy Eating Policy

Policy Statement

Bushey Gan recognises the importance of a healthy diet in children's development. The impact that a poor diet has on the health and general wellbeing of children has been well documented.

We regard snack and meals times as an important part of the day. Eating represents a social time for children and adults, and helps the children to learn about healthy eating. Food forms a basic principle as part of our children's everyday observation of Judaism. The food that children eat plays an important part in keeping them happy, healthy and growing and developing properly.

A balanced diet is essential for the maintenance and protection of health, to ensure that full mental and physical potential is reached each day, and to optimise growth and development. Developing a healthy diet and good eating habits early in life will lay the foundation for future health.

The statutory framework for the Early Years Foundation Stage (EYFS) states:

- The provider must promote the good health of the children.
- Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious.
- Fresh drinking water to be available at all times.

Aims

- To make snack and meal times a pleasurable and safe experience.
- To support children and their families, creating an awareness of healthy eating and promoting, as appropriate.
- We will ensure that our children have the opportunity every day to eat a healthy snack, brought in from home, which consists of either a piece of fruit or a vegetable. This will be offered mid-morning and mid-afternoon. A Kashrut approved list of snacks can be found on our website and on the parent display boards.
- We will provide a nutritious Kosher lunch which meets the children's dietary needs.
- Within the Gan setting we will provide opportunities and experiences to develop the children's knowledge and understanding of healthy eating concepts in accordance with the EYFS.

Methods

- Prior to a child starting at Bushey Gan we will find out if they have any specific dietary needs, including allergies.
- We regularly consult parents to ensure that these records are up-to-date.
- We operate systems to ensure that children do not have access to food or drinks to which they are allergic. Please see our **allergy policy** for more information.
- All ingredients and food that are brought into the Synagogue must be fully Kosher with a Hescher.
- Parents will be advised of lunch menus in advance via the parents display boards and our Facebook page.
- We encourage children to try new foods, as well as encouraging them to eat foods which they are familiar with.
- We organise snack and meal times so that they are social occasions, in which the children participate with the children.
- Cooking activities will be planned with healthy eating in mind, and recipes that promote this will be chosen wherever possible. Cakes and biscuits will be kept to a minimum, and parents will be informed of activities.
- Fresh drinking water will be available at all times, and the children are told that they can ask for water at any time. The children will be encouraged to drink plenty during hot weather.
- Water and pasteurised semi-skimmed milk will be offered with the mid-morning snack.
- Water will be offered at lunch time.
- Water will be offered with the mid-afternoon snack.
- Snack and meal times are appropriately supervised, and children do not walk about with food and drinks.
- All staff should have an awareness of safe food handling and hygiene, and should promote good practice to children by example.
- Tables and surfaces will be prepared prior to eating food, in a safe and hygienic manner and to promote hygienic food practices.
- Tea towels will be kept scrupulously clean, and washed at 82°C.
- All food and drink is stored appropriately.
- The children are always reminded about the importance of hand washing prior to eating and cooking activities.
- Children's birthdays are always celebrated at Bushey Gan. Parents are invited to supply allergy free popcorn if they wish their child to share this with their friends. Currently the brand Ziggy's is allergy free.
- If two or more children are affected by food poisoning OFSTED will be informed on 0300 1231231.
- Adults do not walk about with hot drinks or place hot drinks within reach of the children.
- Bushey Gan will observe current legislation regarding food hygiene, registration, and training.
- Bushey Gan has a regular hygiene inspection and all advice given by the inspector is closely followed.
- We currently have a level 4 food hygiene rating.