



## Health Eating Policy

### AIM

At snack time we aim to provide nutritious food which meets the children's individual dietary needs. Snacks provided are in line with government new food based standards in schools.

### Method

- Before a child starts to attend the setting we find out from parents their children's dietary needs and preferences including any allergies
- We record information about each child's dietary needs in his or her registration record and parents are to sign a record to signify that it is a correct copy of all dietary requirements. All food allergies are displayed in the back of the register

### Staff roles at snack time

- Before running a snack time we look up to see if any the children that requirements
- When running a snack time ensure children have washed their hands
- Ensure any snack provided is well balanced and healthy
- Oversee children's own a snack boxes encouraging healthy choices
- Birthdays and special events such as Christmas parties are times when food contributions are about celebration and sharing and on these occasions food may not be just fruit and vegetables other fun foods may be offered but staff are to remind children that this is an occasional treat and not everyday food
- **Do not allow children share their food with other children to prevent children with dietary requirements eating food they should not**

### Role of the Parents

- Safe hands is aware that the primary role model in children's healthy eating education lies with parents/carers and we endeavour to build a positive and supportive relationship with parents of children through mutual understanding trust and cooperation

### In promoting this objective we will



- Inform parents about our health eating policy and practice
- Encourage parents and carers to be involved in reviewing our policy and making modifications as necessary
- Inform parents and carers about the best practice known with regard to healthy eating so that the parents can support the key message

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Updated by: Mel Lawlee