

Sunnybank Nursery – Nutrition Policy

Introduction

Sunnybank Nursery aims to offer high quality childcare. We recognise the need to encourage healthy eating habits from an early age, as this will help children to reach their full potential in terms of growth and development.

Meals

1. Well balanced and nutritious meals are provided for the children. A variety of foods is selected from each of the four main food groups every day:
 - bread, cereals, rice, pasta and potatoes;
 - fruit and vegetables;
 - milk and dairy foods;
 - meat, fish and alternatives.
2. All puddings are homemade and are based on milk and/or fruit i.e. sponge and custard or fruit crumble.
3. Fresh fruit is always available as an alternative and is offered regularly for snack time.
4. Processed meat products such as burgers, fish fingers, sausage rolls and sausages are used in moderation and we ensure that we buy a good quality brand that contains pure meat. These foods are always oven baked or grilled.
5. Oven chips are served a maximum of once per week.
6. Labels are checked and healthier options are purchased where possible such as low salt beans.
7. A variety of fresh, frozen and tinned vegetables are provided every day at meals and at snack time.
8. Special dietary needs are respected. Parents or carers are requested to give staff as much information about their child's dietary needs as possible to assist with meal planning. Cultural dietary habits are respected.
9. Mealtimes are used as an opportunity to encourage good social habits and children and adults sit together to eat.

Snacks and drinks

1. When snacks are given between meals they are healthy and nutritious and help provide children with the energy and nutrients they need.
2. Sweets and fizzy drinks are not routinely offered. Presents of sweets and chocolates from children's holidays or occasions such as Christmas and Easter will be sent home for parents or carers to distribute.
3. Whole milk or water is provided as a drink with and between meals.
4. Sweets and chocolates are not given as a reward for good behaviour as they conflict with healthy eating principles.

Activities

1. Healthy eating is promoted through a range of activities for the children including topics, creative activities, play, stories, music, and cookery.