

TEDDYBEARS FOOD & DRINK POLICY

At Teddy bears we aim to continually promote healthy eating encouraging the children to experience new foods & educate them in the importance of a healthy balanced diet & body.

OBJECTIVES:

- *To ensure all children's individual dietary needs are met
- *To ensure fresh water is always available
- *To provide a varied, healthy menu of snacks and meals
- *To ensure staff are aware of allergies and special dietary requirements
- *To promote social and independence skills at snack and meal times
- *To ensure packed lunches are stored correctly

***IMPLEMENTATIONS:**

- *We educate children in healthy eating through fun cooking activities, food tasting opportunities, books and role-play as well as staff modelling healthy eating/drinking at all times.
- *Teddy bears treats all children as individuals and will cater for any dietary needs to the best of their ability.
- *Fresh water is available for children to drink in their classrooms at all times in accordance with the early years Foundation stage legal requirement.
- *Our lunch menu provides a variety of nutritious fresh cooked meals (see menu) prepared by our cook on the premises.
- * We have a dessert menu for the under 2's which is free from added sugars such as rice puddings/yogurts
- *Any children's allergies or specific dietary requirements are recorded and displayed in the kitchen and in the classrooms. Named placemats with the child's food allergy written on are used at mealtimes to reinforce the allergy to staff serving the meals. Named bowls are also used to reinforce allergy.
- *We encourage the children to behave appropriately at snack and mealtimes which are promoted as social occasions and staff join in. We also support the children in their development of independence skills such as pouring, spreading and cutting.
- * At snack times the children are provided with a choice of water or milk. Snacks are given on a rolling rota and include fresh fruits, vegetables, crackers and cheese, breadsticks or biscuits. On occasions (such as children's birthdays) the children may be offered cake or special treats or there maybe ice poles in extreme hot weather.
- *We ask parents sending tea/lunch boxes to provide an ice block to keep the food cool.
- *We ask parents to refrain from sending sweets/chocolate bars/sweet drinks in lunch/tea boxes to promote healthy eating.
- *Peanut spreads/foods are allowed unless we have a child attending with a serious life-threatening nut allergy when we will inform current parents not to send these foods.

DATE COMPLETED:

SIGNED:

REVIEWED:

