

CHESTNUT HOUSE DAY NURSERY

HEALTHY EATING POLICY

At Chestnut House Day Nursery, we believe that a balanced diet is an integral part of children's development. We are dedicated to incorporating the recommended five fruit and vegetable a day portions into our menu, and offer a range of fresh produce for the children to experience.

From January 06 we took inspiration from the Jamie Oliver inspired cookbook, 'The Dinnerlady', where many of our dishes are taken from.

Our menus are under constant review to ensure we are providing the children with the best diet available as well as an interesting choice.

The babies are also specially catered for, as we introduce a variety of fresh pureed vegetables for those weaning and gradually introduce chicken and fish into their diet.

The sharing of refreshments can play an important part in the social life of the nursery as well as reinforcing children's understanding of the importance of healthy eating. Mealtimes are something to enjoy and the staff encourage positive table manners and a healthy outlook about food.

All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar salt, additives, preservatives and colouring.

The dietary requirements of children who are vegetarian, vegan, allergic or those that are influenced by religion, are also recorded and catered for.

Food that is influenced by ethnic backgrounds and cultures is also encouraged, with children being introduced to a variety of foods to support their learning e.g. Noodles & Prawn toast to celebrate Chinese New Year, Samosa & Naan bread when learning about India. Children are also encouraged to share in the fun of 'baking' and participate in activities that build on their knowledge of other celebrations e.g. pancakes on pancake day, cakes for birthdays.

The milk provided for the children is whole and pasteurized.

Water is always available and children are encouraged to drink it at mealtimes, snack times and upon request if they are feeling thirsty. During the warmer months we pay extra attention to the amount of fluids our children consume so as to keep them hydrated.

Fresh fruit is provided everyday, either as a dessert or snack. A variety of vegetables are included heavily in our menu, ranging from leeks, beans & carrots, to sweet potato, broccoli and corn.

All food that is purchased by the nursery should be checked prior to acceptance to ensure that it is dated correctly and has been supplied and transported in accordance with the health and safety requirements.

Information regarding our menu and healthy eating in general, is available for the parents to read on our notice board.

So as to support our policy that food is something to be shared and enjoyed with our children, food is never used as a tool for punishment or reward. Nor is it withheld or forced upon them.

Links to EVERY CHILD MATTERS...

- Helping children to be healthy
- Helping children to achieve well and what they do
- Helping children make a positive contribution

In our separate file labeled 'Food Safety Management System', a detailed account can be read, regarding where and how our food is purchased, as well as the procedures of preparation, serving, storage, health and hygiene.