

LITTLE SPONGES MONTESSORI

HEALTHY EATING

Policy Statement

Research has shown that the provision of a nutritionally balanced diet is a vital part in the healthy growth and development of children.

We also understand that high standards of food hygiene in early years settings are critical. Lapses in food hygiene can lead to outbreaks of food poisoning, which for small children can be very serious, even fatal. To ensure high standards of food safety this setting therefore complies fully with all food hygiene and safety standards and regulations including The Food Hygiene (England) Regulations 2005.

Policy

Snacks will be nutritional and free of any preservatives. Drinks (water and milk) will be offered when needed and there is filtered water available. For those children who stay for the lunch period, the parents will provide a packed lunch, which must complement healthy eating.

LITTLE SPONGES MONTESSORI considers that mealtimes represent an important social occasion for children to which they should look forward. Thus LITTLE SPONGES MONTESSORI will endeavour to ensure that mealtimes are as enjoyable as possible and that children are taught appropriate ways to behave when eating. Children will also be taught how to lay a table as part of the Montessori activities.

LITTLE SPONGES MONTESSORI will:

- Ensure that staff have basic knowledge about childhood nutrition and the importance of diet in child development
- Ensure that snacks or drinks provided are healthy, balanced and nutritious
- Ensure that those responsible for the preparation and handling of food are properly trained, equipped and competent
- Ensure that all food is stored, prepared, and served in a hygienic and competent way in compliance with all food safety legislation and best practice
- Notify Ofsted of any food poisoning affecting two or more children looked after on the premises
- Obtain, record and act on information from parents about a child's dietary needs
- Ensure that all staff are aware of their responsibilities under food hygiene legislation
- Take note in a child's records of any food allergies they have and communicate this to all staff who are involved in the preparation of snack/lunch that foods are appropriately labelled if they contain a severe allergen (e.g. nuts) and are not given to affected children.

Little Sponges is a nut-free environment.

LITTLE SPONGES MONTESSORI will display the type of food offered at Snack Time.

We will ensure that:

- Children will be offered suitable foods, including children with special dietary requirements and allergies
- Parents or guardians will be advised if their child is not eating well

- Advice will be given to parents or guardians about suitable food to bring from home, including suitable party foods and healthy options for packed lunches
- Parents of children who are on special diets will be asked to provide as much written information as possible about suitable foods.

The staff at Little Sponges will sit with children while they eat and provide good role modelling for healthy eating. Withholding food will never be used as a form of punishment or coercion and food will not be used as an incentive for good behaviour.

Staff at Little Sponges will sit with the children while they eat lunch. Children will be given plenty of time to eat and enjoy the social interaction attached to mealtimes.