



Healthy Food and Drink/Exercise Policy

Statement of intent

The Oasis regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and provides an opportunity to develop speech and language skills and to learn about healthy eating.

Methods

- Children's dietary needs and preferences, including any allergies or cultural requirements will be established through the registration form, completed by parents/carers prior to them starting Oasis.
- We will consult annually with parents to ensure that our 'All About Me' records of their children's dietary needs- including any allergies - are up to date. Parents will sign the updated record to signify that it is correct.
- We display current information about individual children's dietary needs within the setting (inside kitchen cupboards) so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parent's wishes.
- We are committed to promoting healthy eating and provide guidance to parents/carers providing food for their children on a range of suitable healthy snacks, and foodstuffs through newsletters, in the prospectus and through Open Evenings.
- Children who do not receive breakfast at home will be offered this when they arrive, if this is agreed with parents/carers.
- We provide opportunities for children to learn to grow food, prepare food, and learn about a healthy diet, hygiene and oral health.
- When food is provided we ensure that it is healthy, balanced and nutritious, avoiding large quantities of saturated fat, sugar, salt and artificial additives, preservatives and colourings.

- We ensure that all staff receive food hygiene (renewed every 3 years) and health and safety training (renewed every 3 years).
- Staff are encouraged to bring in a healthy lunch box to set a good example to the children.
- Staff will sit with children while they eat and will provide a good role model for healthy eating.
- We will include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We provide a daily written diary detailing what they have eaten and drunk for all children under 2 years. (Parents/carers of all children will be advised if their child is not eating well).
- We organise meal and snack times so that they are social occasions in which children are encouraged to develop good eating skills and table manners and will be given plenty of time to eat.
- We use meal and snack times to help children to develop independence though making choices, serving food and drink and feeding themselves.
- We have fresh water constantly available for the children. We inform the children about how to obtain the water and that they can access water at any time during the session/day.
- Milk or water is offered to all children at snack times unless parents request otherwise.
- Fruit and something savoury is provided at snack times (mid-morning and mid-afternoon).
- We inform parents who provide food for their children about the storage facilities available in the setting and also to mark containers.
- In order to protect children with food allergies, we have rules about children sharing and swapping their food with one another. Parents are informed that we are unable to accept home baked goods due to allergies.

- We will notify Ofsted in writing as soon as it is reasonably practicable to do so, but in any event not later than 14 days after the event has occurred, of any food poisoning incident affecting two or more children looked after in the setting.
- We welcome breastfeeding families and encourage mothers to continue to provide breastmilk for the children in our care. See Breastfeeding and Breast Milk Policy.
- Children will have equal access to outdoor and indoor areas. This will ensure that they have an opportunity to be exposed to summer sunlight which helps their bodies to make Vitamin D.
- Due to the amount of children who attend the setting, we celebrate birthdays on a daily basis. Therefore, we ask that parents do not send in cakes for the children when it is their birthday. Instead, we have a special birthday hat and cape that is used to celebrate and ensure that your child has their moment to shine!
As a 'Healthy Early Years' setting we always encourage the children and staff to eat healthily and we appreciate parent/carers support in ensuring children are provided with a healthy lunch and snacks.

Packed Lunches

- All lunch boxes are refrigerated; we request that parents label them.
- Inform parents of whether we have facilities to microwave cooked food brought from home.
- Ensure all foods that require re-heating are at the correct temperature and checked with a food thermometer.
- Encourage parents to provide sandwiches with a healthy filling, fruit and milk-based desserts such as yoghurt or fromage frais. We discourage sweet drinks and provide children with water or diluted pure fruit juice.
- Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cake or biscuits. We expect the children to eat savoury items first then fruit and any sweet products provided last, however withholding food will not be used as a form of punishment and children will still receive dessert if they refuse the savoury item.
- Provide children bringing packed lunches with plates and cups and cutlery as required.
- Ensure staff sit with children while they eat their lunch so that the mealtime is a social occasion.
- We also ask that parents do not put nuts in their child's lunch box due to the allergy risk involved.

School Lunches

'The Government announced new legal standards for school food in England in May 2006 and the School Food Trust was asked to lead their national implementation. The national standards make sure that the average school lunch offers the right mix of energy and nutrients for growing children - about a third of their daily requirement. They also limit children's exposure to sugary, fatty, and salty foods, providing food and drinks that are packed with essential nutrients rather than those full of empty calories. The confectionary, crisps and sugary drinks are gone'.

- Hot lunches at the settings are provided by the onsite school.
- Hot lunches will only be available during term time.
- Lunches are prepared in the school kitchen and brought over to the settings in purpose made containers and flasks just before lunchtime.
- Lunches are unpacked in the settings kitchens and the temperature checked with a food thermometer before serving to the children.
- Parents must decide whether or not their child will have a packed lunch or school lunches on the days they attend nursery.
- Menus are prepared termly and will be issued to parents at the start of each term as well as being displayed on the healthy eating noticeboards.
- Parents of children with allergies or specific dietary requirements must inform the settings of items on the menu that may need to be avoided. These are displayed in the kitchen.
- The charges for school lunches will be added to the childcare fees invoice and must be paid by the due date.
- Parents should inform the settings by 9.00am if their child will not be attending nursery on any given day to avoid a lunch being ordered for their child unnecessarily. Once a lunch has been ordered the parent will be charged for it (unplanned absences only).

Exercise

At Oasis we recognise that physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. We support the children to take part in a wide range of activities that promote healthy eating and exercise and enables the children to develop a knowledge and understanding of the impact that this has on their bodies. Our activities include:

- Daily physical focus
- Daily half mile
- Daily free-flow/access to the outdoor environment
- Daily tummy time activities with the babies
- Weekly dance sessions
- Weekly yoga sessions
- Weekly forest school sessions
- Fortnightly music and dance workshops with MADE
- Wide range of trips and visits in the local and wider community

By providing opportunities for play both indoors and outdoors, adults at Oasis are supporting the children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being.

Adopted by The Oasis Management Committee on: 09.10.2021

Representative of Management Committee Signature: Lowitzaudgeron

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