



NS09 Healthy Eating Policy Little Stars Day Nursery

Change Control

Policy Name and Reference	Healthy Eating Policy Little Stars Day Nursery (NS09)
Version	V1.8
Name of Responsible Committee	GLT
Job Title of Responsible Author	Nursery Manager
Date First Issued	October 2015
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Date of next Planned Review	April 2025

Revision History

Version	Date	Type of Amendment	Amendment Details
V1	October 2015	New	New
V1.1	October 2016	reviewed	reviewed
V1.2	October 2017	reviewed	reviewed
V1.3	October 2018	Reviewed	Reviewed
V1.4	October 2019	Reviewed	Reviewed
V1.5	October 2020	Reviewed	Reviewed
V1.6	Nov 2021	Updated	Updated
V1.7	March 2022	Updated	Updated
V1.8	April 2024	Annual Review	Reviewed
V1.9	July 2025	Annual review	Reviewed.

Little Stars Day Nursery are committed to meeting the EYFS Safeguarding and Welfare Requirements and the individual needs of children attending.

We aim to do this by:

- Discussing with parents on their child's entry to the setting their individual dietary needs, any allergies or intolerances and any religious requirements. Discussing with parents on a regular basis their child's need and updating records accordingly.
- Recording information about individual children and ensuring that all staff are aware of those needs.
- Providing nutritious meals and snacks using fresh produce. All our snacks are either fresh fruit, cheese or breadsticks. Our meals are made over at the main Institute in a controlled area and delivered to nursery for lunch time. Our menus can be viewed within the main reception area and our website. Throughout our day at nursery, we incorporate at least 5 portions of fruit and vegetables.
- Staff must sit with the children during snack and meal times for safeguarding measure but to also create a socially enriched time of the day where children feel comfortable, staff participate, and independence is encouraged.
- Providing fresh drinking water. If parents want their child to have juice, we reiterate that it will need to be weak to promote oral health and explain the need for less sugar, even sugar free drinks because of sugar on children's teeth. Parents would need to provide their own juice.
- Ensuring that where children bring packed lunches parents are aware of the need to provide healthy foods and help them with ideas if parents ask or if we feel they made need to ideas.
- Ensuring that children are offered food and snacks according to parents' wishes (within reason), cultural and medical requirements and individual needs. This is sent to the refectory weekly and all prepared and labelled up according to their dietary requirements.
- Informing parents of the storage facilities for food and drinks.
- Providing parents of children under the age of 2 years with written daily information regarding food and drink intake.
- Ensuring that children are offered age-appropriate utensils.

- By recognising that “Children start learning about food at a very early age. The messages they receive during this time lay the foundations for the choices they make about food as they move up to school and beyond.” (quote from the Children Food Trust) Making every effort to help educate the children and parents about the importance of a healthy balanced diet, and the importance of a healthy lifestyle through a variety of opportunities and activities.
- Working with required agencies to ensure all requirements are met regarding the handling and preparation of food.
- Taking into consideration; cultural, religious and other dietary requirements when planning our menus, and by working in close partnership with parent/carers we will ensure that we meet their child’s particular needs. This will also provide us with a valuable opportunity to introduce all of the children that attend our setting to different cultural food types.

Food and Drink Preparation

All Staff at Little Stars Day Nursery have a duty and responsibility for the correct maintenance of food and drink preparation areas;

- All staff involved in preparing and handling food must receive training in food hygiene.
- The management team will be confident that those responsible for preparing and handling food are competent to do so.
- Surfaces will be cleaned before and after any food/drink preparation.
- Suitable sterilisation equipment will be provided to support the needs of safe food preparation for babies.
- Food and drink preparation areas will be used solely for that purpose.
- Faults and breakages will be reported to management.
- Equipment will be checked regularly.
- The setting will be registered with and hold the required Environmental Health Certificate.
- Fridge and Freezer temperatures will be recorded daily.
- To manage food allergies staff will read food labels and avoid cross contamination.

- Hot food will be probed and temperatures recorded daily which is provided by the refectory.
- All shop bought baby food brought in by parent /carers will be heated up in line with the manufacturer's instructions.
- Baby meals such as pouches and jars will only be given in the busy bee's room, and we would expect that all children moving to orange cubs will either be having nursery meals or a cold packed lunch.

If in the unlikely event, that food poisoning occurs affecting two or more children looked after on the premises we will notify Ofsted as soon as practically possible but in any event within 14 days of the incident.

Please cross reference this policy with our Bottle and breast feeding procedure.

This policy has considered the Early Years Foundation Stage nutrition guidance: [Early Years Foundation Stage nutrition guidance](#)

