

Auchinairn Early Years Centre



Healthy Eating Policy

In accordance with both local and national nutritional guidelines including 'Setting the Table', Auchinairn EYC promotes a Healthy Eating Policy. The diet of young children must fulfil all their immediate requirements in terms of energy and nutrients, but should also set the pattern for healthy eating throughout life.

The daily snack menu is displayed on the snack notice board within the kitchen.

The nursery provides a varied selection of snacks on a daily basis from which the children are encouraged to choose. Fruit and vegetables are offered on a daily basis. Drinks consist of milk and water **ONLY**. Water stations are set up throughout the centre indoors and outdoors.

All children have lunch in Auchinairn Early Years Centre provided by 1140 funding by EDC. A varied menu that reflects good nutrition and balance is offered. We work with the kitchen at St Matthews Primary School to ensure that in accordance with the Scottish Governments policy of free meals for children attending 1140 hours that all children have hot soup and hot meal daily. Children with special dietary requirements are catered for and meetings with parents and FM (facilities management) are arranged when required.

Children who provide a packed lunch for dietary reasons are required to follow the healthy eating pamphlet that will be given to parents at the time of their induction.

We hope that involving the children in a Healthy Eating Programme may influence eating habits of wider family and community, promote a long term healthy lifestyle and reduce the incidence of tooth decay and obesity.

As a Child Smile nursery we encourage children to eat fewer sweets and drink less sugary fizzy drinks. The children will on occasions e.g. Christmas, Easter and Halloween parties, be given a small sweet treat.

Setting The Table
National Guidelines for Nutrition
Health and Social Care Care Standards: 3.3, 3.4
HGIOELC 2.1 2.4
Realising the Ambition: 2.2 & 2.2.3
UNCRC: Article 27

This policy has been reviewed and updated in consultation with staff
and parents

Signed:
May 24