



Nutrition and Healthy Eating Policy

Policy Statement

At **Gems tiney Home Nursery**, we believe that healthy eating is essential for children's growth, development, and overall well-being. We are committed to providing nutritious, balanced meals and snacks and to teaching children positive attitudes towards food that will benefit them throughout life.

Aims of the Policy

- To provide children with healthy, balanced, and age-appropriate meals and snacks.
 - To promote positive mealtime experiences that support learning and independence.
 - To work in partnership with parents to meet all dietary, cultural, and health-related needs.
 - To follow the **Eat Better, Start Better** and **EYFS** nutrition guidelines.
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Meal and Snack Provision

- Meals and snacks are freshly prepared where possible using **fresh, seasonal ingredients**.
- Food is offered at regular intervals to maintain children's energy and concentration throughout the day.
- Children are encouraged to try a wide range of foods and flavours but are never forced to eat.
- Water and milk are offered throughout the day, and sugary drinks are not provided.

- Meal times are calm, social occasions where good manners and independence are encouraged.
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Balanced and Nutritious Menus

- Meals include foods from all main food groups:
 - Fruit and vegetables
 - Starchy foods such as rice, pasta, or bread
 - Protein sources such as meat, fish, eggs, or beans
 - Dairy or suitable alternatives
 - Fried or highly processed foods are limited, and sweets and desserts are offered only occasionally.
 - Menus are rotated and adapted seasonally to provide variety.
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Allergies and Special Dietary Requirements

- Parents must inform the nursery of any **allergies, intolerances, or dietary restrictions** their child has.
 - All allergy information is clearly displayed and communicated to anyone handling food.
 - Separate utensils and preparation areas are used for children with allergies to prevent cross-contamination.
 - The childminder works with parents to ensure meals are safe, suitable, and nutritious for each child.
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Food Hygiene and Safety

- All food is stored, prepared, and served following strict hygiene standards and in accordance with the **Food Safety Policy**.
- The kitchen and preparation areas are cleaned regularly, and fridge/freezer temperatures are checked daily.
- Staff hold valid **Food Hygiene Certificates** and understand safe food handling and storage procedures.

- Choking hazards are minimised by cutting food into suitable sizes and ensuring children are seated while eating.
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Encouraging Positive Attitudes to Food

- Mealtimes are relaxed, social, and child-centred.
 - Children are encouraged to serve themselves, pour drinks, and develop independence.
 - Food is never used as a reward or punishment.
 - Children learn about healthy foods through stories, cooking, and gardening activities.
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Cultural and Religious Considerations

- Meals respect all **cultural, religious, and personal dietary preferences**.
 - Parents are encouraged to share information about family food traditions so we can celebrate diversity.
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Partnership with Parents

- Parents receive information about meals and snacks served each day.
 - We welcome parental input when planning menus and will consider family preferences.
 - Parents are encouraged to promote healthy eating at home to reinforce good habits.
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Review and Monitoring

This policy will be reviewed **annually**, or sooner if dietary guidelines or food safety standards change.

Feedback from parents, staff, and children is always welcomed to ensure we continue providing healthy and enjoyable food choices.

Signed: Gemma Bayley

Date: October 2025

Reviewed: October 2025 | Next review due: October 2026