



## **Healthy Eating Policy**

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**Owner: Nursery Operations Team**

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# HEALTHY EATING POLICY

## Policy Statement

Kiddie Capers Childcare wish to promote the right environment for children to understand the importance of making healthy food choices. Mealtimes present a great opportunity to promote healthy food choices for children.

## Aims

To make sure that children who bring breakfast, lunch, snacks and/or teas from home to eat in Nursery, have food that is just as healthy and nutritious as food served at settings, regulated by national standards. To give clear guidance to parents, carers, children and staff on providing healthy food options. We believe that healthy mealtimes can contribute to the health of children and need to be consistent with the nutritional standards provided by Early Years Nutritional Guidelines. The policy applies to all meals consumed within Nursery. The Nurseries will continue to work with parents and carers to ensure all meals at Kiddie Capers abide by this policy.

## Example Contents of Breakfast:

- Fruit
- Natural Yoghurt
- Cereal – no added sugar

## Example Content of Packed Lunches and Teas:

- Fruit and vegetables; at least one portion of fruit, vegetables, or salad a day. Ensure grapes, cherry tomatoes and berries are cut in quarters (long ways).
- Carbohydrates: starchy food such as bread, pasta, rice, couscous, noodles, potatoes (not fried)
- Dairy; food such as milk, cheese, natural yoghurt, or soya products
- Drinks; water, milk or smoothies.
- Sandwich fillings where possible to be savoury.
- All meals should be age appropriate, so that older children can eat independently and should not need preparing by the staff. Please ensure items such as grapes, tomatoes and cocktail sausages are sliced (in quarters, long ways).
- A packet of age-appropriate crisps or snacks

**Example Contents of snacks:**

- Fruit and vegetables; at least one portion of fruit, vegetables
- Carbohydrate: such as breadsticks, rice cakes, crackers

**The following should not be included in breakfasts, lunches, snacks and teas:**

- Fried food
- Chocolate Spread
- Chocolate Bars
- Nuts or products containing nuts, such as peanut butter and nut based cereal bars.
- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which contain high levels of caffeine and other additives which are not suitable for children)
- Sweets
- Microwave Meals
- Any food with high sugar/sweetener content

**Special Diets and Allergies**

We ask parents/carers to be aware of nut and other allergies. For this reason, children are not permitted to swap food items. We ask parents to refrain from including whole nuts or nut based cereal bars / products in lunch boxes/bags.

**Food Containers**

We ask that parents/carers provide a food container where items can be stored securely and appropriately until the mealtime period. As fridge space may be limited, we advise the meals are in insulated bags, preferably with freezer blocks to keep food cool especially in the summer months.

**Staff Lunch Approach**

Staff are encouraged to comply with this policy when bringing in packed lunches and eating with the children.

## **Facilities for Meals**

We will:

- Provide appropriate facilities to store meals.
- Make sure all children always have access to drinking water (EYFS)

## **Snack Times**

Snacks will be offered between meals to ensure children receive appropriate levels of energy and nutrition, mid-morning and mid-afternoon.

## **Monitoring of Policy**

To promote healthy eating, we will regularly monitor the content of breakfasts, packed lunches, snacks and teas. We will talk to parents/carers where necessary and offer guidance on bringing healthy meals and snacks. If meals and snacks are not deemed to meet nutritional standards parents will be advised on changes that need to be made. Once a child is fully weaned, we will no longer reheat food from home. Children are welcome to purchase a hot meal or bring in a cold packed lunch. Any sweets or sugary drinks will be sent home at the end of the day. Water and milk will be provided as an alternative. If a child's meal from home continues not to follow the guidance, then the parent/carer will be asked to come in for a consultation with the manager.

## **Birthdays and Other Celebrations**

We welcome cakes being brought in for the children by their peers to celebrate Birthdays or any other celebrations. If these are brought into nursery to share amongst the children, we will share these during our session. Please advise a member of staff should you not wish for your child to be given these occasional treats.

## **Working with Parents and Carers**

We hope that all parents and carers will support this Healthy Eating policy. We will offer advice and guidance to parents and carers on breakfasts, packed lunches, snacks and teas if required.

**Document history**

Date	Version	Section	Details	Reviewed by
10/11/2025	1.0		Creation of new policy	LE