

Healthy Lifestyle Policy

Statement of intent

Children need to develop a positive attitude to food and healthy lifestyles. The early years is an important time to shape children's food preferences and habits as this can have a positive impact on their health.

Little Acorns will promote healthy eating and support its users to make positive changes that can have a positive impact on their health.

Little Acorns wish to promote healthy lifestyles by developing healthy eating habits for children in partnership with their parents/carers by

Aim

- Supporting parents/carers and children to understand what constitutes a healthy, balanced diet
- Enabling adults and children to experience a wide range of healthy foods from a variety of cultures.
- To ensure food is prepared safely
- Providing opportunities for staff and children to sit together and share snacks/meals in a social environment
- Acting as positive role model
- Supporting parents/carers to understand the health issues that may arise from obesity, lack of exercise,
- Signposting those parents/carers who wish to make positive changes in their lifestyles to appropriate services for support.

Methods

Little Acorns will endeavour to sensitively support parents/carers who wish to adopt a healthier lifestyle. We will signpost adults to enable them to access support.

Meals and snacks provided for children are either free from or low in sugars and salt. Highly processed foods and those with artificial additives are also avoided. Fresh fruit will usually be provided for snacks, but vegetables, bread sticks and crackers may also be offered.

All staff are aware of good hygiene practice to prevent the spread of infection and will be informed of current hygiene procedures. Staff handling food will have a Food Hygiene qualification and be aware of the appropriate methods of preparing and handling food and will encourage all adults and children to wash their hands before any food is prepared and/or eaten.

On registration, staff will ask parents/carers about their child's dietary needs and preferences including allergies. This information will be recorded and acted upon.

During sessions only milk and water will be on offer to children.

Families will be encouraged to provide a healthy balanced lunch for their children.

Little Acorns will organise meal and snack times so that they are social occasions in which children and staff participate and where children have opportunities to develop independence e.g. helping to set up and clear away and feed themselves.



To protect children with allergies we discourage children from sharing and swapping their food with one another

Staff will act as positive role models with reference to healthy eating. The consumption of sugary drinks and fast food is discouraged.

The setting follows and signposts parents to appropriate evidence-based healthy eating advice and local services through BFC Children's Centre.

Workshops may be delivered on site by BFC Children's Centre to enable parents to understand the importance of healthy eating for themselves and their family.