



Healthy Eating Policy & Procedures

We are an ALLERGY AWARE nursery

At Meadowburn Early Years Centre we value the importance of nutrition in the early years and the role that we have as childcare providers in shaping both current and future eating patterns in young children. We fully recognise that a balanced, healthy diet is a long term investment in physical, mental and social health.

Our Aims:

- To provide positive healthy eating experiences and learning opportunities for children
- To provide healthy snacks that provide nutrients and energy required
- To work in partnership with parents, families and other professionals to support children on their positive attitude towards food, nutrition and healthy habits.
- To respect dietary, cultural, religious, health needs and choices of children and their families

Training:

- All staff are Elementary Food Hygiene trained with HACCP update
- All staff are ALLERGY awareness trained

Control Measures:

- Deliveries – milk temperatures are recorded on delivery
- Temperature Controls – the fridge temperatures are recorded morning and afternoon
- Stock Control – cupboards and fridges are rotated and checked daily/weekly, with any damaged or out dated foods disposed of.
- Staff follow HACCP guidance at all times
- Setting the Table Nutritional guidance is followed when implementing snack menu options
- Any child with allergy/medical condition that impacts their diet will be provided with individual menu to highlight what they can eat – this will be displayed in snack and lunch area.

Implementation of Snack:

- Weekly menu available – providing children with a nutritious, varied, multi-cultural and snack options
- **Allergy/Dietary records displayed in snack area!**
- Children exposed to new and familiar tastes, smells and textures
- Children develop valuable social and physical skills

Meadowburn Early Years Centre



- Children have access to milk, water and fruit every day
- Children help prepare snack and pour their own milk or water
- Menu will be reviewed in line with current health guidance
- Children will follow hygiene routine – washing hands before snack

Communication:

- Snack menu is displayed on notice board and emailed to parents/carers in advance of any changes
- All communication methods are supported

Implementation of lunch:

- Parents/carers are emailed copy of full menu and allergen matrix
- Daily menu & Allergen matrix is displayed on notice board for children to select option on arrival or day before with milk and water
- Menu is reviewed by EDC in line with current guidance
- Children are encouraged and supported to follow all hygiene measures
- All allergies and dietary requirements are supported

Packed Lunches:

- Parents/carers are encouraged to provide healthy options
- Examples are: wholemeal sandwich, plain yoghurts, fruit or vegetables. (foods high in fibre and low in sugar are recommended)
- Nursery provide milk and water

Sources of Reference:

NHS Scotland, Snack Ideas for Children – Child Smile, Public Health Scotland.
Curriculum for Excellence – HWB 0-29a, 0-30a, 0-32a, 0-33a
Setting the Table – Nutritional Guidance
Health and Social Care Standards – 1.33, 1.34, 1.35, 1.36, 1.37, 1.38, 1.39
Care Inspectorate QI – 2.1, 1.1

This policy has been reviewed and updated on Nov 25



Things to Include in a Packed Lunch

Packed lunch can be healthy, tasty and fun!
Try to base the contents around the main food groups detailed below in the Eat Well guide



Things to Avoid in a Packed Lunch

You should try to avoid foods and drinks that are high in fat, sugar and/or salt as these are bad for our health.
It is advised against including any of these types of items:

- Chocolate bars & sweets
- Pastries
- Fizzy drinks or any other sugar sweetened drinks
- Cakes and buns
- Jams and chocolate spreads

No Nuts or foods containing nuts are allowed