



Healthy Eating Policy

At Bo-Peeps Day Nursery we believe that mealtimes should be happy, social occasions for children. We promote shared, enjoyable positive interactions at these times.

BREAKFAST is provided across the nursery: until 8.30 in the **Baby Room** and 8.15 in the **Toddler and Pre-School Rooms**. Parents are asked to provide breakfast at home if they are unable to arrive by these times. Cereals provided are of a non-sugar-coated variety e.g. Weetabix, shreddies, rice Krispies.

LUNCH at Bo-Peeps. We do not cook meals but in the **Baby Room** we are happy to reheat home cooked meals or prepare "ready meals" in the microwave. Meals are reheated to a temperature above 75 degrees and probed.

Parents of children in the **Toddler and Pre-School Rooms** are asked to provide a nutritious packed lunch for their child, which includes items from the different food groups: carbohydrates, fruit and vegetables, protein, dairy and good fats.

Sweets, chocolate, crisps and fizzy drinks should not be included in the packed lunch.

Parents are informed in the prospectus that we have a **NO NUTS OR EGGS POLICY**.

SNACKS: In the morning children are offered a choice of milk or water to drink and a selection of fruit or vegetables.

TEA: In the Baby Room tea is prepared at 3.30. In the Toddler and Pre-School Rooms we serve a substantial snack such as sandwiches, vegetable sticks, cheese, yogurt etc which is supplied at 3p.m.

We are committed to offering children healthy, nutritious and balanced snacks which meet individual needs and requirements.

Water is available throughout the day for the children to help themselves.

BABIES

Children under the age of 12 months will be given breast or formula milk, supplied by the parents, and water. Parents of babies under 1 year supply **all snacks, meals and formula**. Government guidelines are followed in the reheating of formula milk, Children aged 1-2 years will be given whole cow's milk.

We will ensure that:

- A balanced and healthy breakfast, tea/snack and a daily snack are provided for children attending a full day at the nursery.
- We provide nutritious food at snack and tea/snack time, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings.
- We include at least 2 servings of fresh fruit and vegetables per day.
- Fresh drinking water is always available and accessible. It is frequently offered to children and babies, and intake is monitored. In hot weather staff will encourage children to drink more water to keep them hydrated.
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs, including any special dietary requirements and food allergies that a child has and any special health requirements, before a child starts or joins the nursery. Where appropriate, we will carry out a risk assessment in the case of allergies. Children's allergies will be displayed on the wall.
- We consider seating to avoid cross contamination of food from child to child. Where appropriate, an adult will sit with children during meals to ensure safety and minimise risks. Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods.
- Staff show sensitivity in providing for children's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy.
- At meal and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged.
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves.
- Staff support children to make healthy choices and understand the need for healthy eating.
- Cultural differences in eating habits are respected.
- Any child who shows signs of distress at being faced with a meal he/she does not like will have his/her food removed without any fuss.
- Children not on special diets are encouraged to eat a small piece of everything.
- Children who refuse to eat at the mealtime are offered food later in the day.
- Children are given time to eat at their own pace and not rushed.
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children.
- We promote positive attitudes to healthy eating through play opportunities and discussions.
- The nursery provides parents with daily written records of feeding routines for all children *under two*.
- No child is ever left alone when eating/drinking to minimise the risk of choking
- We **do** allow parents to bring in cakes on special occasions such as birthdays. We ensure that all food brought in from parents meets the above and health and safety requirements and ingredients that are listed within the Food Information for Consumers (FIR) 2014 and detailed in the allergens policy and procedure. This will be given at tea/snack time.

- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years.
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

Hints and tips

Some websites to visit for lunchbox ideas

www.nhs.uk

Lunchbox ideas and recipes

www.bbcgoodfood.com

School lunchbox ideas

This policy was adopted on		Signed on behalf of the nursery	Date for review
30/10/2025		Nicki	29/10/2026