



18 Nutrition Policy

We know that good nutrition is essential for children to grow properly, do their best in nursery and be healthy and happy in the future. We aim to promote healthy eating at Summertime and to help children and young people make healthier choices about food.

- We try to help children to be aware of healthy eating and the need for a balanced diet through planned play activities and discussions. helping children learn about how food grows and where it comes from.
- If your child arrives early morning, we are happy to give them breakfast.
- During daily routines such as snack time children are encouraged to become independent as they make their own choices, cut their own fruit and vegetables (according to age/ability) and pour their own drinks. We encourage discussions about healthy food at snack time.
- Children are offered milk or water at snack and water is available throughout the day. The snack that we provide consists of fruits, vegetables, bread sticks, crackers, rice cakes etc.
- Registration data forms ask parents/carers to record any allergies in detail with a comprehensive explanation of reaction and medical treatment required. Also information such as any special dietary requirements for example an intolerance, vegetarian, religious, cultural or medical need.
- Staff are made aware of any allergies or dietary requirements displayed and documented in the kitchen.
- Water bottles are refilled, and fresh water is always available all day.

Summertime requests that parents support us in our healthy eating aims when providing packed lunches for their child. We take the common-sense approach for example a slice of cake is fine as is wafer type biscuits however, **chocolate sweets and chewy candy are not acceptable**. All food should be placed in a lidded container and labelled with the child's name on it. An ice pack should be placed inside the container.

Please DO tell us

- if your child's lunch contains **rice** and needs to be refrigerated

Please Do not provide food with:

- High levels of additives and colourings.
- High sugar content foods such as multiple chocolate bars and sweets

If a child at the setting has a severe allergy to nuts and can suffer extreme reactions even via indirect contact, we will need to ban them from lunches and snacks.

Cathy White
Manager
November 2022