



Healthy Living Policy

This Healthy Living Policy is compiled using government guidelines and National Care Standards for nurseries. This policy is intended to reflect the company's commitment to promote healthy living.

Hyde n Seek nursery recognises the need for healthy eating as part of healthy living and that this good habit can stay with children for life. We aim to ensure all children receive healthy nutritious and dental friendly snacks and lunches while they attend nursery. In order to achieve this we work with the oral hygiene team and aim to:

- Display menus highlighting the meals given to the children in a common area.
- Ensure the children will receive fruit along with their morning and afternoon snack
- Provide meals that are nutritious and made with fresh ingredients wherever possible
- Ensure that we consider allergies and other special dietary requirements when we're planning our menus/meals
- Ensure the children only drink either milk or water
- Include health promotion within the children's curricular activities, ensuring they are made aware of the effects nutrition, exercise etc have on their overall health and wellbeing.

Further areas to be covered within this policy?

- Nutrition for babies 0-4 months
- Weaning 4-6 months
- Nutrition for children 6months to 5 years
- Allergies / medical requirements
- Religious and Cultural requirements
- Oral Health
- Hygiene
- Baking
- Exercise

Breastfed babies

- Mothers who place their children in the nursery are encouraged to continue breast feeding to meet their child's needs
- Facilities are available so mothers are able to breastfeed their child comfortably
- Parents will provide expressed milk in bottles if required.
- Each child's bottle will be labelled, dated and placed in the milk fridge.
- Bottled milk will be given to the child within the routine provided by the parent
- All staff will wash hands prior to feeding the baby/child
- Babies/Children will **NEVER** be left unattended while feeding
- Staff will check the temperature of all milk before giving to the baby/child
- Bottle warmer will be used to heat the milk
- After baby/child has been fed any unused milk will be emptied away and the bottles rinsed to reduce the risk of contamination
- Parents are responsible for the sterilisation of all bottles

Formula fed babies

- Parents provide prepared bottles for their child's sessions
- All bottles to be handed to a member of staff
- All bottles will be labelled, dated and placed directly into the milk fridge
- Milk will only be given to the named child
- Milk will be given within the routine provided by the parent
- All staff will wash hands prior to feeding
- Milk will be heated in the bottle warmer as per manufacturers instructions
- Staff will check temperature of all milk before giving to the baby/child
- Babies/Children will **NEVER** be left unattended while feeding
- All bottles both used and unused will be returned to parents at the end of each session
- After children are fed any remains are emptied and the bottles rinsed to reduce the risk of contamination
- Parents are responsible for the sterilisation of all bottles

Weaning

- This is discussed with parents around the time the baby is 4-6months, but will only be introduced at the parent's request.
- Children will be introduced with small amounts of baby rice mixed with their own milk

- Once the child is used to solid foods then pureed vegetables and fruit are introduced
- Food will be given singularly so the child can get used to the texture and taste i.e. potato or carrot
- All foods are freshly made and contain no salt or added sugar
- Over time the consistency and content will change as the child's digestive system develops.
- Children will be encouraged as they grow to move to feeding cups

Full cream Milk

- Full cream milk will be offered to all children over the age of one year
- The nursery provides milk for the children

Nutrition

- Our weekly menu offers the children in our care a varied and healthy diet. One main meal of two courses at lunch and two snacks - AM : Breakfast / PM : Fruit. All food offered will be freshly made with no added salt or sugar. This menu complies with the Nutritional Guidelines 2006 set by the Scottish Executive. Water is available for children to drink at any time during the day.

Nutrition for children 1-5years

- Children are encouraged to feed themselves with support if required
- All children are encouraged to try meals NEVER forced to eat food
- Staff members will not withhold food if part of the meal is refused
- Children are encouraged to remain seated throughout the meal
- Children are reminded and prompted to use table manners

Allergies and Dietary restrictions

- The nursery will liaise with parents of those children with allergies and a formal action plan must be written out to include allergies, restricted foods, possible reactions and emergency medication and/or procedures to follow. Children who have allergies will have food prepared separately to prevent cross contamination and the menu modified for the specific need. All food products will be cleaned from the tables and floor immediately following lunch and snacks. These procedures will be monitored daily and recorded as required.

Nut allergies

- All children within the nursery will not be given nuts of any kind that the establishment is aware of.

Wheat and pulse intolerance

- All children under the age of 6 months are given a gluten free diet
- Meals are modified for coeliacs

Dairy intolerance

- Meals will be modified to meet the needs of the child - see allergy restrictions

Medical dietary requirements

- Parents and staff work closely together so that all children are given the necessary dietary requirements to meet the individual needs of the child

Religious and Cultural requirements

- All children and their parents/carers will be respected as individuals and their food preferences and religious requirements will be accommodated. However the nursery does not provide Kosher or Halal meat and a vegetarian alternative will be provided. All parents will be asked to complete details of acceptable and unacceptable foods.
- All vegetarians will be provided with a meat substitute for main meals

Being active

Hyde n seek nursery will strive to ensure children get at least 1 hour of physical activity per day and will endeavour for it to be outdoors. Hyde n Seek Templeton has facilities to enable children when the weather is deemed unfit to have physical play indoors.

This policy was reviewed in March 2012