



Healthy Eating and Nutrition Policy

Introduction

At Highbury Primary School & Nursery we implement a whole setting approach to healthy eating to improve the health of our children, their families and staff. We will endeavour to equip our children with the knowledge, understanding and skills that enable them to make choices that lead to a healthy lifestyle and develop their full potential. Children will be provided with a range of opportunities to learn about food and make healthier food and drink choices.

Environment

The nursery will provide a clean, sociable environment for children to eat their meals. The children will be encouraged to develop good eating skills and table manners and will be given plenty of time and encouragement to eat. The use of praise and encouragement through stickers is used for children who may be reluctant to try new foods.

Parents are informed of their child's daily food consumption by way of sending home in packed lunch boxes any food that remains uneaten. Parents of children who are having a hot dinner will be notified on Family how much/how little their child has eaten.

Children have access to fresh drinking water and milk throughout the day. A healthy snack is available during the morning and afternoon sessions. Staff responsible for the preparation of snack are competent to do so. They will hold a Certificate in Food Hygiene and Safety.

Allergies and intolerances

We obtain information from parents in advance of a child starting nursery regarding any food allergies or intolerances. All practitioners are made fully aware of this and if required, an individual care plan is created for the child.

Due to children and staff members with severe allergies, the following rules apply:

- **Nuts** should **not** be brought into nursery. This includes Nutella and any other nut spreads.

Packed lunch

On enrolment, parents are given examples of healthy food options. We ask that if children are bringing a packed lunch from home, it should contain the nutrients that they need and fewer foods that are high in sugar and saturated fat. A balanced packed lunch should contain:

- Starchy foods - these include bread, rice, potatoes and pasta
- Protein foods - these include meat, fish and beans
- Dairy foods - these include cheese or yoghurt
- Vegetables or salad and a portion of fruit

Children often like food they can eat with their fingers so chop up raw vegetables such as carrots or peppers. Understand what bite-size means:

- Most often, it is best to start with finger or two-finger sized pieces of food.
- Cut all tube-shaped foods. Baby carrots, string cheese, cucumber should be cut into short strips before serving, not round pieces.
- Avoid spheres. Uncut grapes, berries, cherries and melon balls are choking hazards and should be sliced vertically before serving.
- Avoid chunks or cubes of meat.

Snacks such as fast food, chocolate bars and fizzy/energy drinks are not a healthy option and should **not** be included in your child's packed lunch. If these items are present, they will be confiscated and your child will be offered a healthier alternative. A polite reminder slip will be sent home requesting that these items are omitted from any future packed lunch boxes.

In the warmer months, we ask parents to ensure that packed lunch boxes contain an ice pack to keep the food cool as unfortunately, we have no facilities to refrigerate them.

Hot meals

Children have the option to enjoy a hot school meal at an extra cost. These are provided by Caterlink and are cooked on site. Caterlink are specialist caterers within schools and are passionate about fresh, healthy food that tastes great. The right nutrients can affect everyone's mood, behaviour, health, growth and even their ability to concentrate. Encouraging a well-balanced diet establishes healthy eating now and for the future. A three-week menu is available on request.

Special diets

We recognise that some children may require special diets due to intolerances or cultural/religious beliefs. In this case, parents are asked to make us fully aware so that we can provide food in accordance with this.

Food play

We encourage children to be involved in activities surrounding food and healthy eating from preparing snacks to role playing with food in their everyday play. We will use the community to access shops to select foods to use within the nursery for activities and mealtimes.

We ensure that any food we use for play with the children is carefully supervised and that any allergies/intolerances are checked to suit all the children's needs.

Food tasting

As part of a topic, theme or an appreciation of other cultures, the children may participate in food tasting. As part of our enrolment process, parents may give or decline permission for this on Family.

Food safety

The appropriate food safety precautions are taken when milk/food is prepared and stored. Any food safety hazards are identified and controlled. Please refer to our Food Safety Policy.

Infant Milk

The nursery respects and follows the individual preferences of families that care for babies and the choice of whether they use breast milk and/or formula. We follow all Department of Health guidelines of storing milk in a fridge. For formula milk, the bottles are prepared in accordance with manufacturer's guidelines.

Celebrations and special occasions

We do not encourage regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or other achievements. Birthdays will be celebrated in ways that do not involve confectionery, cakes or biscuits however, we do acknowledge that some parents may wish to bring in a small birthday cake or sweet treat for their child to share with their peers. In this instance, the treats are distributed and sent home with the children at the end of their session where they are consumed at the discretion of the parent.

The Brush Bus Programme

The Brush Bus programme is a supervised tooth brushing activity which takes place every day after lunch to reduce tooth decay in children. Please refer to our Oral Hygiene Policy.

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Nursery Manager:	Rebecca Frost
Admin Officer:	Angie Bayliss

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