



# Fullbrook Food & Nutrition Policy



*At Fullbrook Nursery School we aim to ensure that every child flourishes in their early years. We recognise that children will only make good progress in their learning if they are healthy and happy. Helping to ensure that children have balanced diets and active lifestyles is a key area of our work. We have developed a Healthy Year Curriculum to support children and parents across a range of key issues, to help develop knowledge of nutrition, physical activity needs and dental care.*

## **Food Quality**

*We Use Ethical, Nutritious, Quality Ingredients*

- For cooking activities we buy free range eggs and other sustainable options such as line caught dolphin friendly tuna.
- We use no GM ingredients, Trans Fats/Trans Fatty Acids or food additives.

*Children always have access to drinking water.*

*We offer Healthy Breakfasts, meeting voluntary guidelines for EYs*

- Breakfast menus are displayed for parents to see, these are designed to meet the Children's Food Trust Guidelines and the Food For Life Guidelines.
- Children are able to prepare their own breakfast with the support of adults.
- They can choose from low salt and sugar cereals, a selection of fresh fruit, wholemeal toast and drink of either milk or water.
- No unhealthy spreads, such a jam, are offered.
- Appropriate portion sizes are guided by adults, children can always ask for more.

*Packed Lunches*

- Guidance is provided to parents, children are encouraged to be involved in packing their lunch and judging their choices with a Healthy Eating Score Card.
- Children are rewarded for making healthy choices and eating a healthy lunch.

## **Food Leadership**

*We offer a Supportive Breastfeeding Environment*

- With a quiet space for new moms to use

*Children use open cups and no bottles/sip cups*

- To help promote dental health
- Reasons are communicated to parents

*Staff join children in eating lunch and snack with children*

- Staff provide good role models for eating healthy and social communication
- Staff are asked to bring the same healthy lunch boxes
- Mealtimes are relaxed, calm and opportunities for social conversation.

*Children are supported to make healthy choices and develop healthy habits*

- There is a reward scheme shared with home, so that children learn to create healthy lunches boxes

- Breakfast menus are shared with parents

## **Food Education**

*Education about food and health is threaded through our delivery of the EYFS*

- Opportunities across the prime and specific areas are used to educate about food.
- We have developed a Healthy Year Curriculum which outlines themes, story links, visitors and activities across the year

*Children understand where food comes from*

- We organise an annual visit to the farm to learn about where food comes from.
- We grow our own fruit and vegetables in our two allotment areas.

*Supported to try new tastes and textures*

- Monthly Tasting Snack Menus encourage children to try a range of vegetables and fruit at repeated opportunities through the year.

*Children are involved food preparation*

- We plan cooking activities across each term, cooking both sweet and savoury.
- Children are independent in preparing their snack,

*Children develop the knowledge to make healthy choices*

- Through scoring their lunch boxes and being rewarded for healthy choices

*Children eat and drink independently*

- There is an open snack shack for children to access throughout each session.

## **Community partnerships and Parental Engagement**

*We signpost families to other agencies*

- When families need extra support we will signpost to Health Visiting team, GP, dentists etc All families are signposted to Healthy Start programme and we help promote the use of healthy start vitamins.

*We work with other health agencies*

- We organise visits from the mobile dental van, health visitor cafes, School Ready Team.

*We provide parents with key messages*

- Such as Walsall data on children's obesity and tooth decay through newsletters and parent workshops
- Provide parents with Top tips on issues like dental care and fussy eaters.
- On creating healthy lunch boxes and daily snacks.

*We encourage families to get active*

- Every school holiday we provide Active Family Missions, which encourage families to access their local environment and get active together.
- We have reward schemes to promote active travel to nursery.

*Inclusive food policy for all*

- Our approach to food and nutrition respects dietary requirements for religious reasons, cultural beliefs, medical needs or special educational needs. Individual exceptions will be made where necessary.