

Nutritional Policy

To be reviewed Bi-Annually.

Policy Agreed January 2020. To be reviewed January 2022



General Statement

Nutritional well-being plays a fundamental role in health and human development, from maternal health through foetal development, birth, infancy, childhood, adolescence to adulthood. In particular Everton Nursery School and Family Centre aims to promote breastfeeding and eating healthy.

Children between the age of one and five years grow and develop rapidly and eating habits and food intake can affect this. For instance, a frequent poor energy intake can stunt growth. Regular intake of foods high in sugar can lead to tooth decay. A poor iron intake can lead to the development of iron-deficiency anaemia which in turn is associated with frequent infections, poor weight gain, developmental delay and behaviour disorders. At this age, children are almost totally dependent on others for their food. Parents and carers should recognise that their own eating habits, including likes and dislikes, will be the ones that their child imitates.

Early food experiences have an important impact on eating patterns in adult life. Attitudes to eating, including which type of foods are considered 'normal' and whether mealtimes are regarded as social occasions or just something to be eaten while watching television, will develop during the early years.

Food and eating can be wonderful sources of learning for children, such as cooking, shopping, helping to lay the table and eating out. However, food can also be a source of frustration and a cause of arguments between the food provider and the child. Building on positive experiences with food will help to reduce such confrontation.

POLICY

This policy applies to all agencies and organisations who are based in or offer outreach services from Everton Nursery School and Family Centre.

Aims

For all

The benefits of a healthy diet are vast and help promote better all-round health with less feeling of tiredness and fatigue. A healthy diet can reduce the risk of coronary heart disease, type 2 diabetes, some cancers, strokes, osteoporosis, obesity, tooth decay, and some diseases of the large bowel are decreased. Food choices and nutrition play a lifelong part in being well therefore Everton Nursery School and Family Centre promotes a healthy diet in all aspects of work, through paid staff and volunteers.

Maternal Health

To promote, for all women in the children's centre reach area, a good diet during pregnancy. This is important for the healthy development of growing babies and impacts on the health of the person later in life. Advice and Guidance on food consumption in pregnancy is provided from Children's Centre staff.

Breastfeeding Promotion

Everton Nursery School and Family Centre continues to be a baby friendly building. The school/centre positively promotes breastfeeding through display, posters and provides **advice** and information to support pregnant women in their decision to breastfeed their new baby. The school/centre recognises that many parents locally choose to feed their baby formula milk. The school/centre staff will support parental choice by promoting breastfeeding. The school/centre provides a warm, friendly but discreet place for women to breastfeed within the building and ensure that this space is available at all times. Breastfeeding support will support women to continue breastfeeding for at least six weeks after birth, longer if possible.

Babies and young children

To promote breastfeeding; women who breastfeed give their baby the best start in life. Everton Nursery School and Family Centre is a breastfeeding setting. In addition, a balanced diet during childhood helps ensure that children grow well and develop good eating habits. The importance of good nourishment for babies and young children, and their parents is well recognised. Through trained staff Everton Nursery School and Family Centre provides advice and information on breastfeeding, healthy eating and nutrition for families on low incomes, placing emphasis on the importance of consumption of fruit and vegetables. **Early food experiences have an important impact on eating patterns in adult life.**

The school's/centre's approach is to engage in joint approaches with key public and voluntary sector partners. We aim to encourage breastfeeding and the uptake of good eating habits and listen to concerns of the availability of healthy low cost, high quality foods. When planning for the food provision for children under five there is an acknowledgement of three special considerations at Everton Nursery School and Family Centre that are taken into account. These are:

- Pre-school children have a high energy and nutrient requirement relative to their size;
- They have a small stomach and a relatively under-developed gut which prevents them from consuming large quantities of food at a time;
- They have a variable appetite, related to fluctuations in growth rate and level of physical activity.

While healthy eating guidelines designed for adults and older children are not wholly appropriate for pre-school children, especially for those under two, they can be used to shape the diet from an early age so there is a gradual progression towards healthy eating as the child gets older. Although there are a couple of specific points relating to very young children under two years such as the consumption of milk, it is acknowledged that there are limited guidelines for children under two and over two.

Food

All food prepared is fresh, tasty, economical and locally sourced where possible. Food is used within the use by date or within 1 day of purchase if fresh fruit and vegetables.

The children's meals for the Nursery School (2-5's) are cooked fresh on the premises by the Kitchen Cook daily. Menus are developed for children from 2 to 5 years and rotated every four weeks.

Promoting healthy eating in nursery provides an assurance to parents or carers that their child's nutritional wellbeing is being taken care of. This helps children settle into the nursery as good eating habits are established and is associated with improved learning and behaviour.

The school/centre encourages parents and children to eat portions of fruit and vegetables each day. This is facilitated by the provision of free fruit in the foyer. Fresh vegetables and fruit deserts are offered as an option at children's lunch/afternoon tea.

Staff food

A staff room is provided for all staff to consume food brought from home and limited cooking facilities are available, i.e microwave, toaster and hob. A cafe area is available for staff and parents to purchase food and drink.

Cafe

The centre Cafe is available daily 9.00a.m – 2.30p.m offering healthy snacks and drinks to purchase.

Meetings and Conferences

Food provided for conferences and meetings is cooked fresh on the premises by the school/centre cook and staff team and on-site cafe.

Waste Policy

Monitoring of waste and evaluation of the cost is integral to all times when food is provided.

Healthy Snacks

When attending the Nursery School, 2-5's daycare and Children's Centre activities healthy snacks are provided throughout the day which meet the nutritional guidelines for all children.

Pool Area/Sensory Room

Food and drink is **not allowed** into the pool area or sensory room. Parents and children are discouraged from using the pool for at least an hour after eating even a light meal **and/or breast/formula milk**.

Health and Safety

All those who provide food and drink for the Everton Nursery School and Family Centre have appropriate qualification for their level of work and/or at least a current food safety certificate.

Cleanliness

All areas where food is prepared, stored and consumed is at an appropriate level of cleanliness including regular handwashing when handling food.

Food Storage

Food is stored in accordance with health and safety guidelines. Refrigerator cleanliness is checked regularly – foods are removed on Friday afternoon from the staff room fridge to save storing of unnecessary food items. Dry food and tinned goods are stored in a clean,

cool, dry place. Raw and perishable foods are stored on the appropriate shelves in the staff room and the refrigerator as appropriate.

Organisations/Agencies in the building:

All organisations and agencies who are based in or who visit the school/centre should exercise and understand their responsibility for food preparation, consumption, and disposal and their own safety if the staff room or cafe area is not used.

Fare Share

The centre uses the organisation Fare Share to purchase foodstuffs to support local need where families in the Everton reach area are living in food poverty.

External Caterers

Any organisation in the school/centre who arranges for external caterers to provide food for a course or event must ensure that the food provided must be of a high quality and fit in with the ethos of the school/centre and this nutritional policy document.

Cross-cutting and Partnership Issues:

All agencies in Everton Nursery School and Family Centre are expected to adhere to the nutritional policy and will discourage the use of fizzy drinks, sweets, chocolate and simple carbohydrate foods such as some variety of cake and biscuits. The school/centre staff aims to, whilst in the school/centre, model the good nutritional values we espouse for children.

External Caterers

This policy was agreed by the Governor Policy Review Committee on 16/1/2020.