# Children's Food/Healthy Eating Statement

This is reviewed Bi-Annually.
Agreed October 2019. To be reviewed October 2020.

The school's/centre's approach is to reflect and implement national policy initiatives. In doing so we are keen 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 and drinks.

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.

**Aims:**

To introduce young children and their families and staff to the idea of healthy eating, which is essential for their future well-being and development.

To provide a variety of foods to encourage children/families to try out new foods.

All dietary needs, allergies and religious preferences of the children/families will be taken into account.

Clean water will be available to children/families and staff all day.

Children/staff will be involved and encouraged in contributing to the planning of menus and model healthy eating.

Children/families and staff will be involved in the cooking and preparation of food.

Eating will be a happy social occasion, where children/families and staff are encouraged to sit together and talk about the events of the day.

The school/centre has clear routines, rotas and responsibilities for handling food.

The school/centre will monitor and review food handling procedures.

Staff will undertake regular food hygiene courses.

This statement was reviewed by a group of four Governors on behalf of the Curriculum, Children and Family Committee on Tuesday 1st October 2019 and ratified at the Governing Body meeting of Everton Nursery School and Family Centre Governing Body on Thursday 10th October 2019.