

EYFS Nutrition and Healthy Food Policy

Introduction: Brilliant International Private School is committed to promoting the health and well-being of its children and their families through encouraging them to eat well and to provide information and healthy food choices. This policy outlines the organisation, teaching and management of healthy eating at BIPS.

Aim: To promote and encourage every child to eat well, enjoy a varied diet and establish healthy eating habits to take them into their school years.

We believe that EYFS is an important time for establishing lifelong healthy eating habits. Healthy foods help children to learn, concentrate and build sustained energy for physical activity.

We believe healthy eating habits benefit the children in three ways:

- Short term: maximizes growth, development, activity levels and good health.
- Long term: minimizes the risk of diet related diseases later in life.
- Good nutrition contributes to good health and wellbeing and is vital for positive engagement in learning. Therefore:
 - Educators in EYFS model and encourage healthy eating behavior.
 - Food and drink are consumed in a safe, supportive environment for all children.
 - Parents and caregivers are encouraged to supply healthy foods that fit within the **Right Bite** strategy for children at preschool.
 - Parents are informed of specific restrictions when children with severe allergies attend to ensure the safety of all children.

Learning through and about food-EYFS curriculum: We provide adult and child led opportunities for the children to learn through food and about food. Food is incorporated across the curriculum including our science, art, physical development, communication, literacy, language and PSE. We also learn through and about food as part of our outdoor learning, mini themes and trips.

The Learning Environment for the Children:

- Have fresh, clean water available at all times and are encouraged to drink water regularly through the day.
- Are encouraged to bring a named drink bottle.
- Are encouraged to eat nutritious food regularly.
- Eat in a positive, social environment with educators who model healthy eating behaviours.
- Use the EYFS garden to learn about and experience growing, harvesting & preparing nutritious foods.
- Understands and promotes the importance of breakfast and regular meals for children.
- Teaches the importance of healthy meals and snacks as part of the curriculum

Food supply

EYFS promotes the following guidelines for families for food brought from home

Parents are requested to send fruits or vegetables as snacks. A healthy sandwich (multigrain or whole meal bread) with savory filling or plain unsalted crackers are also acceptable.

Break Time: Parents are asked to supply healthy foods which follow the healthy eating guidelines.

- **A healthy lunch box may include a sandwich, fruit, yoghurt, vegetable sticks etc.** (When a child attending is severely allergic to a specific food parents may be asked not to supply this food for lunch while at kindergarten to ensure the child's safety.) **Please do not include chocolate, lollipops, chewing gum, Nuggets, French fries, and other processed food containing high amounts of sugar i.e. roll ups, muesli bars etc. All these kind of foods should be prohibited from your child lunch box.**-Child will not be allowed to consume unhealthy food, instead
- Parents are contacted if lunch is not provided/ inappropriate lunch is packed and dry biscuits / bread will be supplied if necessary.
- Parents are asked to speak with staff if they are unsure or have concerns.

Special Occasions and Birthday Guidelines

It is important that children are given the opportunity to celebrate special occasions and cultural events and we respect that food and drink is often used to mark these occasions. However, we think carefully about celebrating these events in other ways here at BIPS. We want to reduce the amount of high fat, sugar and salt children can consume at these times, especially as we have a lot of children celebrating birthdays etc in the same setting. So, we celebrate special occasions with healthy food supply (if any) limiting availability of high fat, high sugar or processed food, songs, decorating rooms, craft and play activities. We encourage children not to bring in food instead can distribute non-food items such as stickers instead of cakes or sweets and we send the items home for parents to decide rather than in the setting.

Food safety at EYFS:

- Provides adequate hand washing facilities for everyone
- Promotes and encourages correct hand washing procedures with children and staff.

Staff Training

Core staff is trained in food monitoring, distribution, hygiene and safety. Members of the team also attend training and then cascade the information and practice with the team through meetings to enhance professional development. For example; Eat Better, Start Better.'

Monitoring & evaluation: All EYFS staff at BIPS are responsible to monitor and lead healthy food and drink in the setting. A range of measures will be used to evaluate impact of the policy in line with the above-mentioned areas. The policy will be reviewed annually and shared with all stakeholders on all available platforms (Website, GC, BIPS APP etc.)

Date Reviewed – 12th October 2022

Next Review Date – September 2023