

The Hollies Childcare Facility

Healthy Eating Policy

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Registered Charity Number: 1196324

Revision History

Issue/Draft	Date	Comments/Reason for Change
Draft A	26 th June 2015	Initial release for comment
Issue 1	1 st July 2015	Comments received from Management Committee
Issue 2	17 th July 2017	Change of authorisation page and annual document review.
Issue 3	25 th October 2018	Annual Document Review
Issue 4	1 st September 2019	Annual document review
Issue 5	10 th September 2020	Annual document review
Issue 6	2 nd November 2021	Amendment to include change of name of setting and Registered Charity Number
Issue 7	26 th September 2022	Annual Document Review
Issue 8	18 th September 2023	Annual Document Review
Issue 9	10 th September 2024	Annual Document Review
Issue 10	12 th September 2025	Annual Document Review

Glossary

Term	Definition
The Hollies	Refers to The Hollies Childcare Facility

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1.0 Overview

Mealtimes should be social, learning times when we can sit down with friends quietly to enjoy food. Good examples of table manners and acceptable behaviour at meal times is given by a member of staff sitting with small groups of children. Children are encouraged to try new things and learn about healthy eating.

All snacks are provided at The Hollies and are inclusive in the fees.

All food is freshly prepared daily on site. All our menus are nutritionally balanced and designed in conjunction with nutritional guidelines for children. Fresh fruit and vegetables are always available. Salt, sugar and additives are kept to a bare minimum.

We encourage children to drink water throughout the day. They have milk or water at snack times and we also encourage parents / carers to provide a water bottle each day which the children can access whenever they want to.

All dietary requirements can be catered for in line with parent's wishes and Health Authority Guidelines. Parents of children with allergies will be given opportunity to discuss this with staff. Allergy plans will be agreed between all parties.

A four weekly menu cycle is in place and clearly displayed and available to parents upon request.

Food based activities are carried out to ensure children are introduced to the concept of nutrition and physical activity linked to health.

Children will have opportunities to be involved in activities and experiences where they make decisions about healthy food choices and trying new foods i.e role play, tasting, feely games.

If required, lunch is available to all Playgroup children and will be provided by Gwauncelyn Primary School in accordance with their policies and procedures.

