

## Healthy Eating Policy

### Discovering Kids Playgroup

#### Principles

The UN Convention on the Rights of the Child (1991) states:

"Children have the right to be as healthy as possible, live and play in a safe, healthy, unpolluted environment and benefit from preventative health care and education."

#### Policy's Statement of Intention

Discovering Kids Playgroup is committed to promoting children's health to encourage health eating habits.

#### Procedures

The playgroup will therefore endeavour to provide snacks, which are healthy and nutritious and help to provide children with the energy and nutrients they need.

#### Meals

1. Well balanced and nutritious meals are provided for the children. A variety of foods is selected from each of the four main food groups every day:-
  - bread, cereals, rice, pasta and potatoes
  - fruit and vegetables
  - milk and dairy products
  - meat, fish and alternatives
2. Special therapeutic dietary needs are respected. Parents are requested to give playgroup staff a copy of the diet sheet provided by a dietician.
3. Snacktime is used as an opportunity to encourage good social habits. For example, whenever possible children and adults eat together.
4. Cultural dietary habits are respected. Parents or carers are requested to provide details of foods eaten and not eaten by the child.

#### Snacks and Drinks

1. Sweets and fizzy drinks are not routinely offered
2. Where possible snacks are sugar-free to avoid causing damage to teeth
3. Whole milk or water is provided for children as a drink

4. On some occasions juices and squashes are given. These are well diluted (one part juice to eight parts water) and given only at snack time to avoid causing damage to teeth.

### **Rewards and Special Occasions**

1. Praise and attention are used to help develop children's self-esteem and to act as a positive reward for good behaviour
2. If other forms of reward are used, they support and do not conflict healthy eating principles. For example, sweets and fizzy drinks are not given as rewards.
3. Celebrations of birthdays and other special occasions focus on the sense of occasion rather than simply the provision of rich sugary foods and drinks (wearing a special hat on their birthday).

### **Activities**

1. Healthy eating is promoted through a range of activities for the children including play, stories, music, outings and cookery
2. The group participates in special campaigns and initiatives such as healthy eating campaigns, and "The Booster Better Break" Award

The implementation of the Healthy Eating Policy will not only relate to the provision of healthy foods and drinks within the setting, in order to promote the nutritional and general well being of the children, but it will also address food related activities involving the children which should encourage and enable them to make healthy choices in the future.

This policy has been reviewed and adopted by the Playgroup committee at a meeting on:

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Witnessed by: \_\_\_\_\_

Position on Committee: \_\_\_\_\_