


## **HEALTHY EATING POLICY AND PRACTICE**

*The sharing of refreshments can play an important part of the social life of the children at KEYfs. KEYfs will ensure that:*

- *We will provide water and milk together with healthy snacks of fruit and vegetables.*
- *Children's medical and personal dietary requirements are respected.*
- *The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.*
- *Milk provided for children is semi-skimmed and pasteurised.*
- *Drinks may be sent in from home in a named flask/container.*
- *Snacks may be sent in from home in a named container for special dietary needs.*
- *Sweets/confectionery is not encouraged at KEYfs.*
- *Snacks are to be varied on a weekly basis.*
- *Lunch boxes are kept on a designated rack. Some items may be refrigerated on request.*
- *Staff will promote healthy options, and encourage the children to eat savoury first.*
- *Parents will be advised on the contents of a healthy lunch box and tricks to encourage healthy eating – i.e. small finger size pieces of bread, separate fillings, fruit, yogurt and moderate amounts of dried fruit*
- *A separate water drink is used at lunch time.*
- *Food within a child's lunch box will not be allowed to be shared in order to safeguard possible food allergies.*
- *Staff preparing snacks and serving food will all have completed Food Hygiene Training*
- *Cooking activities with the children will be varied and will include both savoury and sweet whilst introducing new foods from different cultures and countries where possible.*

*This policy was updated at a meeting of KEYfs held in October 2016. Reviewed Jan 2019.  
Reviewed again Jan 2022.*

*Signed on behalf of KEYfs:-*

.....  ..... *Deb J Manns (Owl)*