

# Nutrition Policy



<b>Policy Relevant to:</b>	All staff, Educators & families
<b>Policy linked to:</b>	Nutrition Procedure
<b>Last Reviewed:</b>	June 2020
<b>Next Review:</b>	June 2023
<b>NQF:</b>	77, 78, 79, 80, 90, 91
<b>NQS:</b>	2.1, 2.1.2, 2.1.3

## Purpose

This policy concerns the provision of healthy food and drink while children are in care and the promotion of normal growth and development.

## Rationale

Developing healthy eating habits and attitudes during childhood is important for long-term nutritional wellbeing. Healthy eating habits, together with regular physical activity, contribute to a child's physical growth, capacity to learn and the development of a positive body image and self-esteem.

Adventure Patch will provide education about nutrition, and promote healthy eating habits for young children to positively influence their health and wellbeing. Dietary and healthy eating habits formed in the early years are shown to continue into adulthood and can reduce the risk factors associated with adult chronic conditions such as tooth decay, obesity, type 2 diabetes and cardiovascular disease.

## Policy

This policy affirms our position on the provision of healthy food and drink while children are in our care and the promotion and education of healthy choices for optimum nutrition.

Adventure Patch has a responsibility and the opportunity to educate children about food and nutrition. All food provided will be nutritious and varied. We recognise the importance of healthy eating for the growth, development and wellbeing of young children and we are committed to promoting and supporting healthy food and drink choices for children in our care.

Meal times and experiences involving food will provide positive learning experiences for children, who will be supported, encouraged and educated in the importance of healthy eating. We will encourage children to participate in a variety of "hands-on" food preparation experiences.

Parents will be consulted and encouraged to share family and cultural experiences with all children. Adventure Patch will provide an eating environment that reinforces family and cultural beliefs. It is acknowledged that the early childhood setting has an important role in supporting families in healthy eating.

Due to risk to health and safety, allergies, and for hygiene reasons, food (such as cakes) will no longer be allowed into services.

