



Southmead Centre for Children and Families

POLICY FOR	Healthy Eating Policy
DATE REVISED	May 2017
NEXT REVIEW DATE	May 2018
COMMITTEE APPROVAL DATE	17/5/2017
CENTRE MANAGER SIGNATURE	
CHAIR OF ADVISORY BOARD SIGNATURE	



encouraging the children to be aware of making healthy food choices

Equal Opportunities

At Southmead children's centre we believe that all children and their parents/carers should be respected as individuals and their food preferences and religious requirements should be accommodated within the framework of the whole centre policy.

Provision

At the children's centre we host a range of sessions and courses designed to promote healthy lifestyles and healthy eating. These include weigh in clinic, advice and support on breastfeeding, exercise sessions and healthy eating for under 5's, health visitor drop-ins and regular visits from the dental health nurse to the various groups.

Involving parents/carers

Southmead children's centre is committed to working in partnership with parents. We make sure that parents are made aware of our commitment to promoting healthy, varied and enjoyable food. We acquire information regarding special diets/allergies during our induction process.

Adult role

Adults (parents, carers and staff) have a key role in influencing children's attitudes and choices. At Southmead children's centre we ask adults to:

- Be positive role models; eat with and practice healthy eating behaviours in front of children to encourage them to try new foods
- Help children learn about food, nutrition, health, seasons, growing cycles and food from different cultures, holidays and celebrations
- Promote the concept that mealtimes are not only for eating, but also for learning and socialising
- Support children with special needs when eating
- Teach table manners—being seated when eating, saying please and thank you, not talking with food in their mouths, giving time for eating
- Promote food hygiene when preparing and eating food, e.g. hand washing etc

Festivals and celebrations (including birthdays)

At Southmead Children's Centre we celebrate children's birthdays if parents want us to by singing 'Happy Birthday' to the child at story time. We will use a birthday cake if provided by the parent in order for the child to blow out candles, however, we ask parents not to bring in cake unless they have checked the ingredients carefully to ensure the cake does not



contain nuts. We are happy to cut the cake into small portions and hand it over to the child's parent at the end of the session. We ask parents not to bring in any sweets or chocolates as we are unable to hand these out. When we celebrate other festivals we may use food items such as fruit or bread so that we can make a range of healthy snacks with the children to enjoy.

Monitoring and reviewing the policy

This policy has been updated as part of Healthy Wandsworth Accreditation by Mytime Active, and has been signed off by the children centre advisory board.

The centre manager is responsible for ensuring that this policy is reviewed at least annually, implemented, monitored and is made available to parents/carers, staff and pupils.