

# Early Years Eat Well Policy

These are the components of an Early Years Eat Well Policy.

## Food & Drink

The types, amounts and frequency of food and drink provided at the setting follow the EY Food Guidance.

Water is the main drink within the setting and children have access to fresh drinking water at all times.

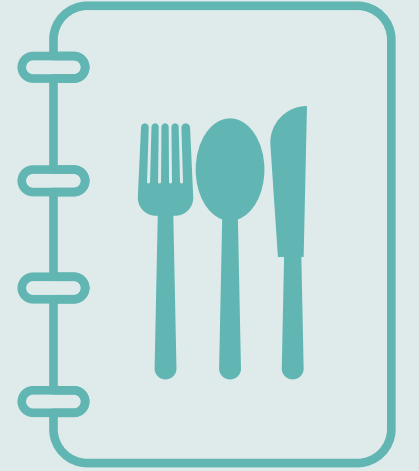
Information about length of menu cycles and how often menus will be changed is available.



## Varied Menus for Meals & Snacks

Menus are planned in advance, which include different tastes, colours and textures.

Seasonality, sustainability and impact on the environment is taken into consideration.



## Food from Home

Best practice guidance on food and drink provided from home is included in the policy. Parents are requested to supply water only.

Support is provided to parents and carers to create balanced, healthy lunchbox options.



## Communicate & Consult

Staff talk to families and carers about issues such as timing of meals and snacks, the type of food and drink provided and what their children eat.

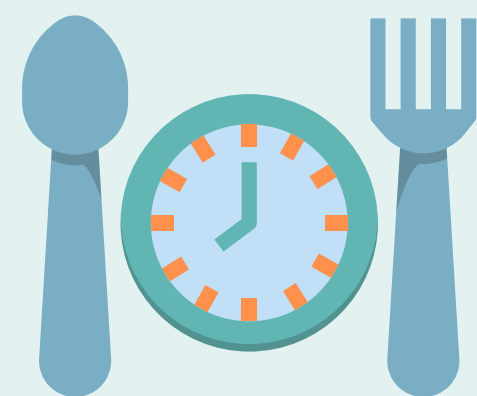
Staff consult families and children and listen to their feedback when making changes/addressing issues.



## Eating Environment & Social Aspects of Meal Times

Meal times provide opportunities for children to learn about and try new foods, learn basic hygiene and develop social skills.

A positive, relaxed and welcoming environment encourages enjoyment of meal times and supports healthy relationships with food.



## Rewards, Celebrations & Special Occasions

Food is not used as a tool to reward or celebrate. Alternative, creative ways of celebrating are incorporated into day to day celebrations such as birthdays.

Special occasions provide opportunities for children to learn about healthy food and drink from different religions and cultures.



## Dietary Requirements

All food allergies and intolerances are accommodated where appropriate.

Children of all cultures and religions can enjoy meals and snacks.

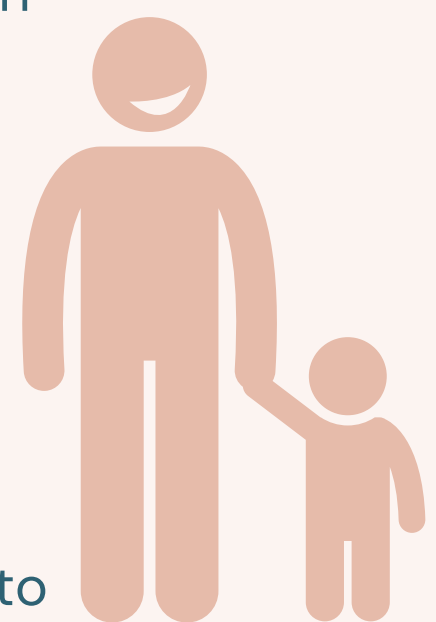


## Training & Role Modelling

Staff planning and preparing meals/snacks have relevant training in food hygiene.

Staff have confidence to support children to develop healthy relationships with food by:

- encouraging healthy eating,
- role modelling and
- carrying out activities (chopping, tasting, cooking etc) for children to expand their food "vocabularies".



## Review & Evaluate

Components of the policy are implemented with stakeholder engagement, reviewed regularly and evaluated to measure effectiveness.

Evidencing this ensures it meets the Early Years Quality Standards Framework and Early Childhood Environmental Rating Scales requirements.