

MAYOR OF LONDON

Green Wrythe Primary School Food Statement

Date 22/06/2020

Date to be reviewed 30/01/2021

Aims

As a Healthy Early Years London setting we want to ensure that we promote the health and well-being of the whole setting community through all aspects of food and nutrition and provide consistent messages to children, parents/carers and staff.

www.actionforchildren.org.uk/media/9750/eat-well-practical-guide-final-check.pdf

We consider sustainability when choosing foods to serve:

www.firststepsnutrition.org/pdfs/Eating%20well%20sustainably.%20A%20guide%20for%20Early%20Years%20Settings.pdf

Our meals and snacks are scheduled at regular times

Either a meal or a snack is offered to children at least every 1½ – 3 hours. We provide meal routines such as **Children have access to a breakfast, continuous snack of fruit and milk and water to drink. They can choose a school dinner or bring a packed lunch..** This is because children have small stomachs and high nutrient needs as they grow and develop, and to play and learn. Only drinking water or milk is provided. Fresh drinking water at all times

We serve age appropriate portion sizes

We serve small portion sizes on child sized plates. It is better for children to ask for seconds than to serve them too much. Children are not praised for finishing the food on their plate. This helps children to recognise when they are hungry and when they have eaten enough. Snacks served are mini-meals, with components as healthy as mealtime choices.

Meal and snack times are relaxed, calm and with shared conversation

Meal and snack times are recognised as an important time to develop verbal skills as well as a time to learn about healthy eating. We eat with the children at mealtimes and eat the same food. We can easily offer help, role model good manners and eating behaviour, direct conversation, and create a calm and relaxed eating environment. At the same time we can supervise the children eating. We provide an environment/routines to make the dining room/snack area suitable for children such as **tables that are the correct height for the children, child size cutlery and adults to support cutting food.** .

Children are encouraged to try healthy food

Children are encouraged to have a little of the different dishes on their plate and to have a balanced diet. Dried fruit is not served as part of a snack as this can cause tooth decay. Children are allowed to say 'no' to foods and all food served is healthy. Food is not used as a reward or punishment. Children are not praised for finishing the food on their plate but will be praised for trying different foods.

We use food to support the development of children

All children in our setting are given opportunities to explore food using their different senses. Children are involved in food growing and in food preparation, such as simple cold dishes: sandwiches, dips, salads
Children have opportunities to grow food to eat and we have prepared food to make soups. Every day the children help to prepare and serve the bagels for breakfast.. Children are encouraged and helped to be successful in whatever self-feeding and self-serving they are capable of doing to support their growing independence, for example **our continuous snack bar and breakfast table gives children an opportunity to self feed and self serve..** Food is served in a form that young children can eat with minimum assistance and without choking; the texture changing from soft mashed food to adult texture by the age of 12 months.

Our parents and/or carers are given information on the meals and snacks provided

We tell parents and/or carers how well their child ate during the day and foods they particularly enjoyed or tried. Children benefit when parents and practitioners share information and work together. **Parents are asked to adhere to the lunch box policy and staff have made suggestions to the kitchen staff about meals the children might like cooked. .**

We support parents to do the best for their children

We ask for food brought from home to meet the Voluntary Food and Drink Guidelines for Early Years Settings in England. We encourage eligible pregnant women and mothers with children under four to register with the Healthy Start scheme and access the weekly food vouchers and free Healthy Start vitamins. We provide effective support and information for parents and carers about all aspects of feeding infants and young children. We provide information about any workshops and parenting programmes on healthy eating that we provide or refer parents such by **sighposting to external workshops via our newsletter or website..**

We provide suitable food for all

We follow Department of Health (DH) guidelines on introducing solid food for babies from around 6 months, when they are displaying signs of being ready. Children with complex needs have their nutrition needs taken into account. A food/drink substitution made in case of allergies will be similar in nutrient content to the food/drink it replaces. Foods served reflect the ethnicity and cultures of all children using the provision. Parents and/or carers are asked for advice to ensure the needs of all children are met and we learn from carers and parents' experiences and suggestions.

Special occasions and birthdays are celebrated with mostly healthy foods or with non-food treats

We promote non-food celebrations and treats, such as craft projects or stickers, which are pleasant alternatives to birthday sweets. If food is used for celebrations it forms part of a balanced meal provision and does not replace healthy foods.

Only healthy drinks are provided

We follow DH guidelines on preparing and using formula milk. We only give children first infant milk and only for the first year of life, practising responsive bottle-feeding. Drinks are offered in an open cup from six months and bottles are stopped at one year. Water and milk are the best drinks for children's teeth and bodies. We provide full fat milk for children between one and two; We do not use skimmed milk for children under five. Drinking water is available at all times. Juice (even diluted juice) or other sugary drinks are not provided.

We have a supportive breastfeeding environment

Breast milk is the ideal source of nutrition for infants for at least the first year of life. We have refrigerated storage space for expressed breast milk which is clearly labelled with name and date. Mothers are welcome to

breastfeed (or express breastmilk) and a secluded space will be provided, if required, we can direct mothers to where they can access further breastfeeding support. We have been recognised as Breastfeeding Welcome (www.breastfeedingwelcomescheme.org.uk) (for settings in boroughs where there is a scheme: Bromley, Camden, Islington, Kensington & Chelsea, Hammersmith & Fulham, Westminster, East London & City, London Borough of Redbridge, Wandsworth).

We have received appropriate training

We have received food safety and hygiene training if involved in preparing and handling food. We have undertaken other relevant training to keep me up to date on healthy drinks and foods suitable for children under five.