



Promoting Health and Hygiene Policy

Little Jesters regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating across all of the settings at Berkeley Primary School.

Procedures

We follow these procedures to promote healthy eating:

- Before a child starts to attend we find out from parents their child's dietary needs and preferences, including any allergies.
- We regularly consult with parents/carers to ensure that our records of children's dietary needs – including any allergies – are up to date.
- We inform parents through our newsletters, website, blog and information board about any themed food activities that may be available during the term.
- We provide children with a range of chopped fruit and vegetables at snack time and encourage them to try these.
- Children are offered a drink of milk or water at snack time.
- Fresh drinking water is available throughout each and every session and children can access it whenever they wish.
- We encourage parents to provide children with healthy packed lunches.
- Children are provided with a balanced nutritious meal from the school kitchen should parents/carers choose to take it up at the current payment rate.
- Staff will sit with the children at snack and meal times to ensure that this is a social occasion and all children are encouraged to socialise with each other.
- Children are encouraged to try new foods through the selections available to them throughout the week.
- Staff preparing food are food hygiene trained and/or certificated.
- Children will have opportunities to prepare their own food with close supervision. according to our Health & Safety policy

Reviewed Spring 2015

To be reviewed Spring Term 2017