



## **Healthy Eating and Drinking Policy**

At Knockbreda Nursery School we believe that balanced nutrition is essential for good health and effective teaching and learning. Schools play an important role in establishing and maintaining life-long healthy eating and drinking habits. As such, at Knockbreda Nursery School all messages about food and drink should be consistent and positive in approach.

### **Aims**

- To encourage the desire to make a healthy choice.
- To involve the whole community in developing and maintaining healthy eating and drinking habits.
- To have a pleasant and sociable dining experience which enhances the social development of all children.
- To encourage foods that are rich in vitamins, iron, calcium.
- To encourage a balanced diet.
- To offer milk and water to drink.
- To encourage fluid intake with an easily accessible water supply throughout the day.
- To take into account and accommodate dietary requirements.
- To ensure high standards of hygiene amongst the children.
- To develop healthy eating habits that will last a lifetime.

### **Catering**

At Knockbreda Nursery School we believe that all messages about nutrition need to be consistent.

Meals are provided by the Education Authority's catering staff based in Lisnasharragh School.

Individual dietary needs are catered for within the framework of nutritional standards.

Children are encouraged to drink water or milk with their midday meal.

Portion sizes are according to guidelines laid down by the caterers.

To integrate healthy eating and drinking habits in all aspects of school life.

### **Breakfast**

Recognising parental responsibility and school/parent partnership, children are encouraged to have breakfast before leaving home. This will be done through discussion at snack time and the Personal, Social and Emotional curricular area.

## **Snack**

All children are encouraged to participate in the snack routine and the food items on offer are in line with the Governments Healthy Breaktime Guidance.

Milk or water is on offer at snack time.

A selection of healthy options is offered for snack. These include:

Fresh fruit/vegetables/a variety of breads/ crackers/ cheese.

## **Celebrations**

To celebrate their birthday, children will be permitted to bring in a cake or buns to share with their class at snack time.

## **Drinks**

All children and staff have free access to water throughout the day. During the warmer weather, children are encouraged to bring in their own water bottles and these can be refilled throughout the session as required.

## **Sweets**

Parents and children are asked not to bring or send sweets into school.

## **Teaching and Learning**

Staff will sit with children during meal times to provide a good role model, encourage good manners and lead conversation.

Food and cooking activities are used in a variety of ways to widen the children's experience as they are given the opportunity to touch, taste, smell and feel a variety of foods.

## **Parental involvement**

A copy of the Healthy Eating and Drinking Policy can be found on the school's website and is available from the School Office on request.

## **Equal Opportunities**

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff regardless of race, gender and Special Educational Need.



## **Health and Safety**

Food will be stored according to instructions on packaging and common sense. Advice will be sought from the catering staff and the Environmental Health Agency if necessary.

## **Monitoring and evaluation**

The teaching staff, in conjunction with the school's catering staff will monitor provision for healthy eating and drinking throughout the school.