

## Alonim Oral Health Policy

### Approach

Alonim Pre-School Nursery works hard to create a supportive environment that enables children to grow, develop and thrive. Healthy eating is essential for proper growth and progress of young children and so it is our priority children are provided with meals, snacks and drinks that are healthy, balanced and nutritious.

We will strive to promote positive attitudes and enjoyment of healthy food. Our approach is for parents and staff to follow, from packed lunches prepared for children at home, through celebrations, birthdays and during any learning opportunity that uses food.

### Development and implementation of the food policy

During our regular parent / carer coffee morning we will discuss with parents/carers our Policy on Food/drink. Equally, each family will have a copy of this policy. Staff will also be informed during our staff meetings. These measures will ensure all involved will follow the same strategy.

### Food and drink provision

Following the Eat Better, Start Better Voluntary Food and Drink Guidelines for Early Years Settings in England ensures settings achieve the same high standard for meals, snacks and drinks provided.

Pupils are taught how to use refill their water bottles and can access the water cooler, tap or jug of water any time. We will also offer milk at our 'formal' snack time.

All snacks provided by the parents/carers will meet or suggested healthy eating options. From time to time we will also provide healthy snacks for pupils to eat.

If food is brought into the setting from home it should only be vegetarian and contain NO NUTS. From time to time we have children with specific allergies e.g. sesame, kiwi. When pupils are amongst us you will be advised not to include these foods in your child's packed lunch or snack.

Children should be encouraged to eat a varied diet. Children from one to four years need a diet made up of foods from the four main food groups, in the right



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balance and in portions sizes just right for them. We recommend the packed lunches sent with children into the nursery contain;

- **Starchy food** – One portion of starchy foods with every lunch. We encourage a variety across the week (e.g. bread, rice, pasta) and a mixture of wholegrain and white starchy foods.
- **Fruit and vegetables** – At least one portion of fruit or vegetables with every lunch. A portion for a child should fit in one hand.
- **Fish and plant proteins** – One portion with every lunch. We encourage children to have at least one plant protein such as beans, lentils, pulses, tofu every week, and a portion of oily fish every three weeks.

### **Providing food for all**

Alonim ensures that all food which is provided for Shabbat or festivals/celebrations will be acceptable to all children following special, cultural or religious diets, including children with food allergies, and manage this appropriately and effectively.

### **Food Safety and hygiene**

In early years settings, it is important that food is stored, prepared and presented in a safe and hygienic environment and children are taught basic hygiene.

### **Celebrations and special occasions**

Food and drink often play an important role at special occasions and events. These occasions are also useful to provide opportunities for children to learn about food and drink from different religions and cultures. We will offer 'treats' which are vegetarian (in line with our policy) nutritious and reflect other cultures. We will not force pupils to eat these only role model and encourage pupils to try them.

### **Oral health**

Children health and wellbeing is of the utmost importance. Oral health is a key part of children's development and future health and wellbeing. We are committed to promoting oral health in the setting and will invite a Dentist in to speak with our children about how they care for their teeth. We will teach that food and drink offered will be tooth friendly, we will encourage regular tooth brushing routines at home, dental visits and learning opportunities for children.

### **Evaluation and review of the setting's approach to food and drink provision**

We will evaluate and reflect on everything we do within our setting, including our approach to food and drink provision. We will;

- Getting feedback from parents, carers and children



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- Look at the way other settings approach food and drink provision in our area
- Keep up to date with current good practice on meeting the welfare requirements for food and drink.
- Regularly review staff training and development plans for food safety, hygiene and nutrition.
- Review the food policy at least once a year.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<i>November 2023</i>	<i>P Maltz</i>	<i>November 2024</i>