

Teitl: Title:	Healthy Eating - Toybox Nursery
Fersiwn: Version	1
I bwy mae'r Polisi hwn yn berthnasol? Who does this Policy Relate to?	Myfyrwyr / Staff / Myfyrwyr a Staff / Arall (rhowch fanylion) Students , nursery staff and children

Cydraddoldeb ac Amrywiaeth / Equality & Diversity

Dolen at Gam 1 Asesu Effaith (ar Gydraddoldeb a'r Gymraeg): / Impact Assessment Stage 1 (Equality & Welsh) link:	Impact assessment
<i>Effaith ar yr Iaith Gymraeg</i> <i>Mae asesiad effaith wedi'i gynnal ar y polisi hwn i ystyried ei effaith ar yr iaith Gymraeg yn unol â Safonau'r Gymraeg (94-104) a Mesur yr Iaith Gymraeg (Cymru) 2011.</i>	<i>Welsh Language Impact</i> An impact assessment has been carried out on this policy to consider its effect on the Welsh Language in accordance with the Welsh Language Standards (94-104) and the Welsh Language (Wales) Measure 2011.

Adolygu a Chymeradwyo / Review and Approval

Perchennog y Ddogfen: Document Owner:	Rheolwr y Feithrinfa /Nursery Manager		
Ymgynghoriad / Consultation:	<i>Rhestrwch nhw / Please list</i> Nursery staff		
Dyddiad cymeradwyo / Date Approved	Cymeradwyaeth y Pwyllgor Mewnol e.e. Grŵp Diogelu / Internal Committee Approval e.g. Safeguarding Group		<i>Enw'r Grŵp a'r Dyddiad / Name of group & date</i>
	Pwyllgor Cyfathrebu a Diwylliant / Communications & Culture Committee:		22/01/2025
	Pwyllgorau'r Bwrdd / Board Committees:	Pwyllgor Archwilio a Risg / Audit & Risk Committee:	<i>Os yn berthnasol / If applicable</i>
		Pwyllgor Cwricwlwm a Safonau / Curriculum & Standards Committee	<i>Os yn berthnasol / If applicable</i>
		Pwyllgor Cyllid, Pobl a Diwylliant / Finance, People & Culture Committee:	<i>Os yn berthnasol / If applicable</i>
	Corff Llywodraethu / Governing Body:		<i>Os yn berthnasol / If applicable</i>
Dyddiad Adolygu: Review Date:	31/01/2028		

Anfonwch y ddogfen wedi ei chymeradwyo i'w chyfieithu gan ddefnyddio'r [Ffurflen Cais Cyfieithu](#)
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Rhifwch bob adran a pharagraff
Please number each section and paragraph

Healthy Eating

1. Statement of Intent

1.1 Mealtimes should be happy, social occasion for children and staff alike. Positive interactions should be shared at these times and enjoyed. Toybox Nursery is committed to offering children healthy, nutritious and balanced meals and snacks which meet individual needs and requirements.

1.2 Toybox Nursery will ensure that:

1.3 A balanced and healthy meal at 11.30am and two daily snacks are provided for children attending a full day at nursery. The first snack is offered at 9.30am which consists of fruit and a drink of either milk or water. The afternoon snack is offered at 2.30pm which contains food from the following group's carbohydrates, protein and fruit or vegetables with a drink of water or milk.

1.4 Menus will be planned in advance and reviewed every 3 months; Toybox Nursery will work closely with Arramark (College catering team). The menus will be rotated regularly and reflect cultural diversity and variation. Menus will be displayed on the parent's information boards.

1.5 We will provide nutritious food at all snack and meal times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings. We also offer a selection of breads where applicable.

1.6 Menus will include at least 3-4 servings of fresh fruit and vegetables per day.

1.7 Parents and children will be involved in menu planning.

1.8 Fresh drinking water will be constantly available and frequently offered to children and babies.

1.9 Individual dietary requirements will be respected. We will gather information from parents regarding their children's dietary needs including any allergies. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child.

1.10 Staff will show sensitivity in providing for children's diets and allergies. They would not use a child's diet or allergy as a label for the child, or make a child feel singled out because of their diet or allergy.

1.11 Staff will set a good example and eat when possible with the children and show good table manners. Meal and snack times will be organised so that they are social occasions in which children and staff participate in small groups. During meals and snack times children will be encouraged to use their manners and say 'please' and 'thank you' and conversation will be encouraged.

1.12 Staff will use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves. Staff will support children to make healthy choices and understand the need for healthy eating.

1.13 Any child who shows signs of distress at being faced with a meal he/she does not like will have his/her food removed without any fuss. If a child does not finish his first course a dessert will still be offered.

1.14 Children will be encouraged to try a small piece of everything.

1.15 Children who refuse to eat at the mealtime will be offered food later in the day.

1.16 Children will be given time to eat at their own pace and not rushed.

1.17 Quantities offered will take account of the ages of the children being catered for.

1.18 The nursery provides parents with daily records of feeding routines for children using the family app.

1.19 No child is ever left on their own when eating/drinking to ensure that there is no risk of choking.

1.20 Recipes will be available for parents if requested.

1.21 Full fat milk will be served as a drink to all children twice a day and will also be used when making desserts.

1.22 Toybox Nursery only provides tooth friendly drinks this consists of, milk and water.

1.23 When offering seconds to children they will be offered vegetables and fruit in the first instance and a small amount of main meal.

1.24 Children will not be expected to sit at the table for long periods of time.

1.25 When eating or drinking children must be sat down.

1.26 Withholding food must never be used as a form of punishment.

1.27 Parents are asked not to send crisps, sweets and high sugar snacks to nursery.

1.28 All food at Toybox Nursery will be stored, prepared and served using good food safety practices.

1.29 Staff will receive training in relation to healthy eating and food safety.

1.30 A specific allergy plan is in place to deal with any child having an allergic reaction or any allergies

1.31 Mothers will be supported to continue breast feeding their children.

1.32 Children will be encouraged to play outdoors every day for at least an hour. This will ensure children receive sunlight which helps their bodies to make vitamin D.

1.33 Toybox Nursery uses a tooth brushing programme funded by the Welsh Assembly called Designed to Smile. Every child within The Bumble Bee Rooms has the option to join this programme. (If you would like more information please speak to Ann Johnson or Jess Norris)

1.34 If a child shows signs of being a faddy eater or they show any problems with eating Toybox Nursery will guide parents on how to manage this process.

If a child's birthday falls on a day when their child attends nursery we will provide a birthday cake.

1.35 When planning a cooking activity with the children staff will take into account a variety of ingredients.

We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits. These will be given at mealtimes to prevent tooth decay and not spoil the child's appetite. Where we have frequent birthdays and celebrations we consider other alternatives such as celebrating through smiles and praise, stickers and badges, choosing a favourite story, becoming a special helper, playing a party game, dancing and/or singing their favourite song

We **do** allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents meets the above and health and safety requirements and ingredients that are listed within the Food Information for Consumers (FIR) 2014 and detailed in the allergens policy and procedure

All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years

In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform CIW as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.