

## ***Health Promotion Policy***

### **Team members involved in the development of the policy:**

xxxxxxx –Childcare Manager

xxxxxxx -Cook

xxxxxxx - Chairperson of the Childcare Committee

xxxxxxx – Professional Chef and Parent

xxxxxxx - Professional Chef and Parent

xxxxxxx - Parent

And all Childcare staff within the Centre

***The xxxxxxxx childcare centre is committed to promoting healthy eating options, daily physical activity and education in relation to healthy choices.***

### **Aim**

We provide a well balanced and nutritious diet. We encourage the nutritional and overall wellbeing of all children in our care. We support children to develop life-long healthy eating practices and a positive approach towards ***food, nutrition, physical activity, sun safety and oral health.***

### **Nutrition**

We provide healthy, nutritious, freshly prepared meals each day, meals are well balanced and we provide a wide variety of food .Each meal will contain food from the four main food groups, Carbohydrates, Fruit and Vegetables, Dairy Products and Meat/Fish/Vegetarian Alternatives. We take into consideration the various nutritional needs of the child and our menu is developed accordingly.

### **Snacks**

Snacks will contain foods from two of the four bottom shelves of the Food Pyramid i.e. crackers and cheese, fruit and yoghurt, fruit and milk etc.

Fizzy drinks and sugary snacks are not allowed in the childcare setting.

### **Drinks**

Drinks provided include, full fat milk and water and diluted pure juice.

(Milk and water are the most tooth friendly drinks and therefore provided with all snacks, diluted pure juice/ water /milk are provided with all meals)

Water stations are located in each room and water is prompted the children regularly throughout the day.

Diluted ration for pure juice is 1:4-5.

### **Development of confidence/positive relationships with food and health.**

Children are encouraged to make their own choices, drink and feed themselves to develop each child's independence.

Children are encouraged to practice self service style eating, drink from lidless cups (from 12 months onwards) and use knives and forks at mealtimes.

Staff interact with the children during mealtimes and stimulate conversations and stories about healthy food.

Opportunities will be given to children to explore and experience a wide variety and range of healthy food products through involving them in food related activities such as play, stories, music, cookery and food tasting etc.

### **Special Occasions**

Birthdays and other special occasions must always focus in the sense of occasion rather than the provisions of sweet treats. Food is never used as a reward.

### **Physical Activity**

The children practice daily physical activity, this takes many forms including music dance and playing outside to our outdoor play area .The children enjoy activities such as walking, running, climbing, sliding and making up simple games. The benefits of outdoor play are, it improves the children's ability to adapt to changes in temperature, and it improves appetite and energy, provides opportunity for sensory motor learning and gives children direct contact with nature and living things.

### **Outdoor play is an important way for children to make Vitamin D, essential for the development of healthy bones.**

### **Oral Health**

Childcare staff talk to the children about foods that are good and bad for teeth: the importance of brushing your teeth, how often to brush and how to do this properly.

### **Sun Safety**

Children love to play outdoors and this is very important for their health and wellbeing. Children must wear sun safe hats and sun cream in the summer months.