

HEALTHY EATING



LittleLearners
DAY NURSERY



At Little Learners we follow standards set out by EYQFS in relation to health, wellbeing, nutrition and hydration. We strive to provide quality care which will support children's health and development as well as dental health while encouraging school readiness through building healthy relationships with food.

OUR FOOD PROVISION

We provide breakfast, snacks and water throughout the day.

For breakfast we offer toast, we use 50/50 bread and dairy free butter which are portion sized appropriately depending on your child's age.

For snacks there is always one of each of the following food types:

Carbohydrate

Breadsticks, cracker bread, rice cakes, handful of low sugar cereal.



Fruit

Grapes, bananas, pears, oranges, seasonal fruit when available.

Vegetables/salad

Cucumber, carrots, peas, peppers, sweet corn, broccoli, seasonal vegetables when available given steamed or raw.

HYDRATION

Drinking plenty of fluid is essential, we are a water only setting. If fluids other than water is brought into the nursery we will replace this with plain tap water.



This is to promote dental health and to ensure that they are prepared for the transition to school, where they are only permitted to drink water.

LUNCHBOXES

Lunchboxes are provided by parents. We encourage parents to provide a healthy, balanced lunchbox with appropriate portion sizes. We are able to provide information and guidance on this if required using evidence based guidance from the NHS. We take opportunities to promote relevant campaigns such as 'veg power' and we plan activities which relate key messages.

Once the children have settled in after the first week of September we launch a lunchbox project. The children design a balanced lunchbox which they take home to their parents. They will play games and undertake activities around portion size, healthy foods, food groups, tasting and trying new foods. When we prepare food the children are encouraged to be involved in chopping, grating, spiralling and serving food regularly.

At Little Learners we have a monthly health and wellbeing project. A list of the projects can be found in the parent handbook. A board is placed in the foyer for parents to see what projects are underway.

SOCIABLE MEALTIMES

Younger children (Ducklings) eat in a circle 'picnic style'. Older children (Ducks) sit and eat from their lunchboxes together at tables. This more formal environment encourages school readiness.

ALLERGIES

Parents are required to provide a letter from a GP or Dietician if their child has an allergy. In cases of intolerance, a care plan from a dietician is required so that we can support this appropriately within our setting.

CULTURAL AND RELIGIOUS REQUIREMENTS

We are very happy to discuss and accommodate religious and cultural needs if required.

SUPPORTING FUSSY EATERS

Fussiness is a typical part of growing up but can become an issue for some children in the long term. We strive to create a positive, sociable atmosphere at meal and snack times and encourage new tastes, textures and flavours through creating a relaxed environment which reduces any worries or anxieties about trying new foods.

We use the Health Improvement Commission resources/toolkit for building a healthy relationship with food. This is available for parents as well as staff to enable us to provide a consistent approach to supporting food refusal or fussiness.

HYGIENE

All Little Learners staff members hold food hygiene certificates.

Food provided by ourselves is refrigerated as required. Fridge temperatures are monitored closely.

Parents are advised to provide cold packs to keep lunchboxes chilled.

DENTAL HEALTH

Looking after our teeth is essential. At Little Learners the children have the opportunity to clean their teeth daily from age three years. We work with the 'Guernsey super smile' service who supply toothbrushes and toothpaste and other related resources for us to use.

FURTHER INFORMATION

More information about the topics covered in this leaflet can be found at:

**healthimprovement.gg
gov.gg/childrensdentalservice**

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