



Allens Croft Nursery School Healthy Food and Drinks Policy in Brief



Allens Croft Nursery School is a Startwell School and is required to follow the Early Years Foundation Stage Nutritional Guidance which is issued by the Department for Education. We recognise the importance of introducing healthy foods and good eating behaviours at an early age to promote healthy weight and good oral health.

Our Healthy Food and Drinks policy aims to:

- promote the health and wellbeing of children and promote healthy eating habits that will lead to lifelong health and wellbeing
- reduce intake of sugar in children's diet to prevent tooth decay and excessive weight gain
- prevent poor speech and language development which can be caused by inappropriate use of drinking vessels and tooth decay.

To meet our Ofsted welfare requirements and The Department for Education Nutrition Guidance, we are advised to limit the amount of ultra-processed, high fat, high salt or high sugar foods as these have a detrimental impact on their health and wellbeing.

Birmingham has higher rates of 5 year olds with dental decay than England and the West Midlands. Plain milk and water are the best drinks for children and the only drinks that Ofsted recommend Early Years settings should serve. Startwell's oral health character Smiley Shen encourages our children to look after their teeth, including thinking about the drinks we have.



Many drinks have hidden sugar in them and are not suitable for children to drink regularly. Squash and no added sugar squash can encourage a sweet tooth and contain acid, namely citric acid. Therefore, squash and no added sugar squash are not drinks that Startwell recommend for children in Early Years settings.

Childhood obesity continues to be a national public health priority and early years settings play a crucial role in tackling this with the food and drinks they provide. The early years are a fundamental time to influence children's food preferences as these are likely to continue into adulthood, giving children the best start at life.

Nursery will promote healthy meal times for all the children. School meals are a two course meal provided by NN Caterers who work closely with Startwell to provide well balanced healthy meals.

Packed lunches from home should always include:

- A minimum of 1 portion of fruit or vegetables for vitamins and minerals
- A starchy food for energy and concentration e.g. any bread, wrap, chapatti, pasta, rice, noodles, potatoes.
- Do not bring flavoured dried rice, pasta, and noodle products e.g. packets and pots of instant noodles, pasta, and rice.
- Meat, fish or a plant-based source of iron and protein e.g. lentils, kidney beans, for cognitive development.
- Dairy or dairy alternative food e.g. cheese, plain unsweetened yoghurt or fromage frais, for growth of bones and teeth.

We are an allergy aware school. Please do not put any nut products or nut related (Nutella) products in your child's lunch box.