

## Auchinairn Early Years Centre



### Healthy Eating Policy

In accordance with both local and national nutritional guidelines including 'Setting the Table 2025', Auchinairn EYC promotes a Healthy Eating Policy.

The diet of young children must:

- Provide sufficient energy and nutrients to support growth and wellbeing.
- Establish positive eating habits that encourage lifelong health and wellbeing.

We aim to promote inclusivity, sustainability, oral health and allergy safety while encouraging children to enjoy food in a positive and supportive environment.

#### **Snack Provisions:**

Snacks will be simple and healthy:

- AM Snack – cereal (shredded wheat, bran flakes and Weetabix), toast (50/50 bread), fruit, milk and water
- PM Snack – Fruit, milk and water
- Fruit and vegetables will be offered daily
- Sugary and processed foods will be minimised
- Desserts high in sugar will be avoided.

#### **Drinks:**

- Only milk and water will be provided
- Sugary drinks are not permitted
- Water stations are available indoors and outdoors for free access throughout the day

#### **Lunch Provision:**

- All children attending 1140 funded hours receive lunch provided through EDC catering in partnership with St Matthews Primary School
- The menu is varied, nutritional balanced and in line with the Scottish Government's free school meal policy.
- Lunch includes hot soup and a hot meal daily.

- Children with special dietary requirements are fully catered for, with meetings being held between parents, staff and facilities management.

#### **Packed Lunches:**

- Children who bring a packed lunch (for dietary reasons only) must follow our Healthy Eating Pamphlet. These are given to parents at meetings regarding their child's needs.

#### **Oral Health:**

As a child smile nursery we actively promote oral health by:

- Reducing sugar across all meals and snacks
- Encouraging healthy drinks (milk and water)
- Supporting daily tooth brushing in line with Childsmile guidance

#### **Allergies & Special Diets:**

- Children's allergy and dietary needs are monitored through individual care plans.
- Staff work closely with parents/carers to ensure safe meal provision
- We use an allergy and dietary audit system alongside food matrices to minimise risks.
- Staff remain vigilant during mealtimes and maintain strong communication with families.

#### **Cultural Inclusivity & Sustainability:**

- Menus will include vegetarian and vegan options
- We promote cultural inclusivity by offering foods that reflect children's diverse backgrounds.
- Children will learn about where food comes from to encourage awareness of healthy and sustainable eating
- Children are encouraged to dispose of food waste in appropriate recycle bins

#### **Special Occasions:**

- Children's birthdays and celebrations will be marked in a way that is inclusive

#### **Partnership with Families:**

We believe involving children in a Healthy Eating Programme can positively influence eating habits across the family and community, helping to reduce tooth decay, obesity and related health issues.

**Policy Review:**

This policy will be reviews in line with updates to Setting the Table and national nutritional guidance. Feedback from staff, parents and children will help shape ongoing practice

Signed: .....  
August 2025