



6.9 PANCO – Physical and Nutritional Development

Policy statement

At Woodlands we take the physical and nutritional development of children as an important factor to their overall development. To grow and stay healthy children need to eat a nutritionally well-balanced diet. Good nutrition in childhood can help prevent a variety of health problems, both in short term and later on in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

We allocate a competent and trained member of staff to take on the role of PANCo (Physical activity and nutritional coordinator) in our setting. Our current lead PANCo is **Helen Taylor**, it is the PANCo's role to promote positive nutrition by focusing on achieving a whole setting environment that promotes healthy eating for children and their families. The PANCo will promote physical activities by having an understanding of the importance of children's physical development and emphasising the skills and tools required to ensure children can access a wide range of activities and active play. All members of staff play a part in encouraging children to make healthy choices and be active within setting. We recognise that snack and meal times are an important part of a child's day – It is a social time for children to enjoy food.

We Aim to

- Improve the nutritional quality of foods, drinks and packed lunches and the eating habits of children attending Woodland Pre-School.
- Develop an awareness in children, parents and practitioners that Woodlands takes a proactive approach to promote healthy eating.
- Encourage healthy eating and physical activity habits in childhood that can influence health and well-being in later life.
- Ensure that food supplied by the preschool and food brought into the setting reflects and meets guidance from the Action for Children's Eat Better, Start Better.
- promote the need to provide healthy food, drinks and packed lunches through, the healthy foods and packed lunch policy, newsletters, healthy eating activities in setting and the sharing of the Eat Better Start Better project guidelines.
- Meet the OFSTED requirement to promote the personal development and well-being of all children, this may include food provision including packed lunches brought into setting.

Method

- Before a child starts to attend the setting, we will find out from parents their child's dietary needs, including any allergies.
- The cultural, religious and medical needs of individual children are respected by all staff, parents and visitors.
- We make sure all staff, volunteers and students are aware and informed of children's dietary needs/allergies. Snack names of children with a specific dietary need/allergy will have a red dot and information on the reverse. A list of these children and their dietary requirements/allergies will be displayed in the kitchen.
- Where there may be concerns over a child's food/ nutrition intake and or content of packed lunches, this will be dealt with timely and sensitively.
- We regularly consult with parents to ensure that our records of their children's dietary needs, including any allergies, are up-to-date.

- Supporting information and guidelines will also be displayed on our notice board in our entrance lobby, as well as information sheets being available in the PANCo folder, with handouts to take away.
- All practitioners who prepare snacks/foods must be competent to do so.
- We follow the Food and Hygiene Regulations. We use the kitchen area for preparing foods and drinks, the space used for preparing food must remain clean and hygienic at all times (see Health and Safety policy). All children follow hygiene routines before snack/ lunch time.
- Ofsted will be notified of any food poisoning affecting 2 or more children who are looked after by Woodlands Pre-School.
- Adults will sit with the children encourage conversation and extend interaction during meal times.
- Mealtimes are an important social aspect of the daily routine, they provide opportunities to inform and educate children about healthy eating.
- Fresh drinking water will be available at all times through the day. All children bring a clearly labelled water bottle into setting. Staff will refill with fresh water throughout the day, and explain to children they can ask for drinking water at any time.
- Staff will never use food as a reward or punishment.
- Staff act as good role models and only drink water when with the children.
- We are currently developing our own woodlands growing area to allow children to be involved in growing our own fruit and vegetables.
- We work towards the recommended 180 minutes of physical activity for children under 5 who can walk unaided
- We are a free flow setting which allows children to play in outdoor and indoor environments with supervision, so they can remain physically active regularly throughout their sessions.
- During our singing time on the carpet children are encouraged to stand up and join in with physical actions.

Procedures

- All packed lunches will be stored on the trolley in the entrance lobby.
- The content of packed lunches must follow the guidelines below.
- Children's drinks bottles will be refilled throughout the day with water, so there is no need for drinks to be included in lunch boxes.
- We will discourage packed lunches where contents consist largely of crisps, processed foods, and sweet products such as chocolates and sweets.
- **Sugary or high in fat/salt snacks will not be allowed in pre-school.**
- All snacks must be healthy, balanced and nutritious, following the guidance set out in the Eat Better Start Better, they are nutritious, avoiding large quantities of saturated fat, sugar, salt, artificial additives, preservatives and colourings.
- We promote snack time as a social time – encouraging conversation about food they are eating.
- We operate a rolling snack, this means children are able to come to the table when they are ready.
- We provide milk and water in jugs and encourage the children to pour themselves.
- Parents will be encouraged to promote healthy eating by providing healthy snacks for children. Snacks such as fruit, vegetables, hummus and breadsticks, crackers and cheese or yoghurts will be encouraged as healthy alternatives.
- We discourage children from swapping/sharing food with one another to protect children with allergies.

WE DO NOT HAVE FACILITIES TO REFRIGERATE PACKED LUNCH BOXES SO LUNCH BOXES MUST HAVE A COOL PACK INSIDE.

WE OPERATE A NUT FREE POLICY. LUNCH OR SNACKS MUST NOT CONTAIN ANY NUTS OR NUT PRODUCTS.

PACKED LUNCHES

Children's packed lunches should include items from the 4 main food groups:

- Bread, rice, potatoes, pasta
- Fruits and Vegetables
- Milk and dairy foods
- Meat, fish, egg, beans

Foods high in fat and or sugar – It is important to not fill up in too many foods that are high in fat and or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke and diabetes.

RESTRICTED FOODS to ensure consistency and to keep packed lunches a healthy part of your child's food intake.

- Chocolate, sweets, confectionary.
- Savoury snacks and crisps which are high in salt and fats
- Cakes, biscuits which are high in fat and sugars.
- Any nuts or nut products (We area a nut free zone).

Monitoring and Evaluation

We will monitor packed lunches and where there may be concerns over a child's food/nutrition intake, the PANCo will share these with parents and remind them of the guidelines within the Eat Better, Start Better practical guide for parents and carers.

Policy Review

This policy will be reviewed as part of Woodlands Pre-Schools policy review process. In addition to any major legislation or government changes regarding guidelines on nutrition for under fives.