



Healthy Eating & Oral Health Policy

Links to Key Legislation and Guidance

- Statutory Framework for the Early Years Foundation Stage DfE 2021
- Healthy School Schemes was launched in 1999
- The Food Standards Act 1999

Busy Bees Aims and Responsibilities:

Busy Bees strives to provide healthy meal options for both nutrition and to promote good oral health.

- A selection of cereals, toast and fruit are offered daily for breakfast.
- Healthy tea options are made using lots of fruit and vegetables, and a balance of wholemeal and white carbohydrates, please ask for a menu.
- Lunch is cooked daily on site, using local produce and companies where possible. For example our meat is brought fresh from the local butchers every week, and our fruit and vegetables are delivered fresh every week.
- Puddings are balanced, fruit is always available, but occasional a sweet treat may be offered, such as custard or ice cream, again please asks to see all menu plans.
- Water is available at all times in the classrooms, cooled boiled water is available in our infant's room.
- Milk is offered at snack times.
- Fruit is available at least once a day for snack, usually in the morning and a savoury snack is usually offered in the afternoon.
- All individual dietary requirements are met and we cater for as many of these as possible, for example dairy free alternatives. If you need further help or advice please just ask.

- We do not allow our children to drink squash or other artificial sugared drinks.
- Diluted fruit juice and hot chocolate may be offered as an occasional treat to our older children in the toddler or pre-school room.
- We limit sugar attacks to meal times, for example dried fruit will only be offered during meal times.

Parents Aims and Responsibilities

We encourage all parents to support us in providing a balanced diet for our children. If ever you have an opinion on how we may do this better we encourage you to share your thoughts and below we have listed some expectations we ask of you to support us in achieving a healthy environment for our children to thrive.

- Parents have the option to provide meals for their children, when doing so we request you limit the amount of processed food in a lunchbox. For example if you put a chocolate bar in, no crisps or biscuits. We advise at least one piece of fruit or vegetable in the lunchbox, and use natural yoghurts or low sugar ones.
- Providing a balance of wholemeal and white starchy carbohydrates will reduce your child's weekly sugar intake.
- We encourage parents to follow the change for life guidance by clicking on the following link: <https://www.nhs.uk/change4life> They have some really useful tips on healthy meal plans, portion sizes, exercise and snack options. They also suggest you limit your child's snacks to two 100 calorie snacks per day.
- **We do not allow any sugary drinks, squash or other flavour drinks at Busy Bees**, milk and water are available throughout the day.

Healthy Teeth Tips

- 1: Brush teeth as soon as you get up, before eating or drinking or brush teeth at least 30 minutes after eating but ideally 2 hours after.
- 2: Children can use the same toothpaste as adults, just use a smaller amount.

3: Make sure your toothpaste has at least 1450 of sodium fluoride content and do not rinse your mouth after brushing or use water on your toothbrush before brushing. Dry brushing is recommended.

4: Teeth can tolerate 4 sugar attacks a day, therefore any sugars should be consumed during meals times. This includes natural sugars such as raisins, smoothies etc. Snacks in between these 4 sugar attacks should only be foods that don't contain sugar, wholemeal bread, rice cakes, and fruit in its natural form.

5: Drinks even water should not be given with a straw as the sucking motion causes us to suck the saliva off our teeth and the saliva is what helps break down plaque in our mouths.