



## Healthy Eating Policy and Procedure

We are aware of a good balance diet being vital for children to develop healthily along with fresh air, regular exercise and time to rest.

We are happy to provide all children in our care with healthy meals, snacks and drinks, or to serve healthy food provided by their parents.

We encourage children to eat fruit and vegetables as well as to try foods from other cultures.

We offer children water and milk (frequently). We do not permit children to have fizzy drinks.

We are happy to support you if you are weaning your baby and if requested by parents, we are also happy to prepare vegetarian meals and adhere to other dietary requirements.

Children are encouraged to help in the preparation of food and meals and we grow produce in our allotment plot.

Drink and food provided is both wholesome and nutritious. Drinking water and healthy snacks are always readily available to children via our rolling snack procedure.

In each setting we have a kitchen which is maintained to a high standard to prepare food. We follow the Food Safety Agency procedures for caterers.

We are happy to discuss menus with parents and cater for children with food allergies and cultural/religious



requirements. If your child has a strong dislike for a certain dish, please let us know.

A 3 week meal plan is in place and is changed every quarter to coincide with the seasons. The meal plans are based on what we have found to be healthy choices for children.

We will record what your child has eaten in the diaries and record their 5 a day. If you have any concerns regarding diet/menu/quantity, please do not hesitate to discuss them with me.

We do not encourage children to eat sweets. However, on special occasions, chocolate or sweets may be offered to your child. If you do not wish your child to have chocolate or sweets, please let us know and we will respect your wish.

Please do not send your child in to our setting eating processed snacks such as crisps, chocolate bars and sweets or drinking juices and fizzy drinks. This goes against our Healthy Eating ethos. Thank you.