



Healthy Eating Policy and Procedure (All settings)

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, where hot meals are not available.

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 or juice as these are not good for oral health.

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. Allergies or intolerances can only be catered for if medical advice has been sought and given by a Nurse or Doctor. We will ask for prove of this.

Where hot meals are served, food provided is both wholesome and nutritious. Drinking water and healthy snacks are always readily available to children via our rolling snack procedure or via set snack times.

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 and we are inspected by Environmental Health at least every 18 months.

Where we serve hot meals, we are happy to discuss menus with parents and cater for children with food allergies, intolerances (medical proof required) and cultural/religious requirements.

Where we serve hot meals, a 4-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 electronically record what your child has eaten if your child is between the ages of 0-3 and does not bring a packed lunch. If you have any concerns regarding diet/menu/quantity, please do not hesitate to discuss them with management.

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 under any circumstance, please let us know and we will respect your wish.



Please do not send your child in to our setting with a lunch full of processed foods and snacks such as sweets or drinking juices and fizzy drinks. This goes against our Healthy Eating ethos. For further details on appropriate packed lunch items, please see our Packed Lunch Policy. Thank you