Healthy Eating Policy

<u>Snack</u> - Each session includes snack and children are encouraged to try a variety of fruit/vegetables and dry snacks according to what parents/carers have brought in for that session. Each child will have their own water-bottle to drink from and staff refill with filtered water as needed. We also offer semi skimmed milk to drink. Staff use their discretion in regards to how much *morning snack* is eaten for children who are staying for lunch.

Suitable snack ideas...

<u>Vegetables</u>	<u>Fruit</u>	<u>Dry Snacks</u>
Carrot Sticks	Bananas	Crackers
Cucumber Sticks	Melon pieces	Rice Cakes
Sliced Peppers	Satsumas	Breadsticks
Cherry Tomatoes	Grapes	Raisins or Sultanas
	Apples	

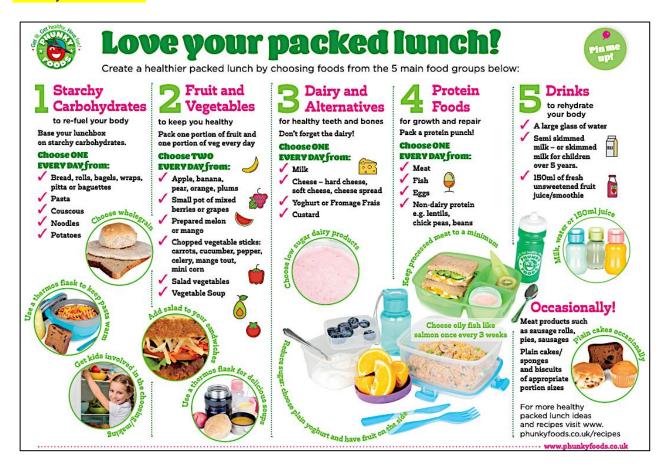
<u>Lunch</u> - We ask for a healthy food for lunch time. Healthy eating is a top priority for children in their Early Years as there is a direct link between nutrition and development. We therefore ask that you avoid:

- Chocolate treats and sweets
- Fizzy drinks / other sugary drinks
- ALL NUT PRODUCTS, including Nutella and Pesto.

We advise parents to put any perishable foods in a cool bag/include an ice pack to keep food fresh.

Children are encouraged to eat in a balanced way and staff sit with them, modelling good table manners.

Healthy Lunch ideas...



General -

- We ask every family to provide a labelled water bottle for their child each session and staff refill as needed.
- Children are encouraged to drink water, regularly throughout the day and will see staff doing this too.
- We promote the eating of savoury items first (e.g. Sandwiches or Rice), before any other 'treats' that have been included.
- Children can have 'hot' foods from home if you wish to send them in with a food 'flask'. We find these keep the food warm enough until lunch time. (We do not offer to reheat food).
- We have a 'Dentist' role-play with books, props and packaging that encourage dialogue and play focused on good oral hygiene.
- Staff initiate discussion about healthy eating e.g. Milk helps your bones to grow strong like a Super Hero!
- We use our outdoor area to grow vegetables, which are used to make tasty treats (e.g. strawberry milk shake) and each child is invited to be a taste-tester!

Updated: January 2025