



HEALTHY EATING POLICY

A weekly menu will be displayed in advance. Recipes will be available to parents.

The weekly menu will provide children in the Nursery with a tasty varied diet.

All children in Nursery will have suitable food made available to them adhering to allergies and individual dietary requirements.

Children who do not have breakfast at home will be offered this when they arrive.

Milk or water will be served with morning and afternoon snacks.

All dairy products will be full fat.

Soya drinks will only be given as a substitute for cow's milk with the parents' agreement.

Water will be available at all times.

Children will have access to fruit if they are hungry between meals.

Children will be able to have second helpings of fruit.

Children will still receive dessert if they refuse their main meal.

Parents/carers will be advised if their child is not eating well.

Parents/carers of children who are on special diets will be asked to provide as much information as possible about suitable foods.

Key persons will sit with children while they eat and will provide a good role model.

Withholding food will not be used as a form of punishment.

Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.

They will be asked to set tables independently and self serve their meals according to their age and abilities.

Advice will be given to parents about suitable foods to bring from home.

Children will be encouraged to play outside every day, as sunshine helps their bodies make vitamin D.

WRITTEN AND REVIEWED BY YVONNE TUCKER
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