



Healthy Eating Policy

Our aim is to ensure that the children receive healthy, nutritious and dental friendly snacks and drinks during their day at nursery.

In order to achieve this we work in partnership with our local Oral Hygiene team and we aim to:

- Display menus highlighting the meals given to the children in the main foyer.
- Ensure the children will receive fruit along with their morning and afternoon snacks.
- Provide meals that are nutritious and made with fresh ingredients wherever possible.
- Ensure that we consider allergies and other special dietary requirements when compiling our menus/meals.
- Ensure that the children only drink either milk or water at nursery.
- Ensure that juice (diluted or fizzy) and sweets are not allowed in the playrooms at any time by the children or staff.
- Include 'Health Promotion' within the children's curricular activities ensuring they are made aware of the affects nutrition, exercise etc have on their overall well being.
- Follow Setting the Table Guidelines