



HEALTHY EATING POLICY

A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise.

All children in my care are provided with 2 healthy snacks, healthy lunch, and tea each day.

Parents are also welcome to provide us with food for their children but will have to let us know what each cooked meal may contain due to other children and allergies.

Any food not consumed on the day will be given back to you at the end of the day or discarded.

Babies' formula milk needs to be provided in clean bottles, with your child's name and date stated clearly on them. Or a tin of formula may be left here.

I encourage children to eat healthy foods and snacks by trying new foods from other cultures. I am happy to discuss menus with parents and cater for children with different food allergies and cultural/religious requirements. If your child has any dislikes or favourite dishes, please let me know.

I will record what your child has eaten daily on WhatsApp, if you have any concerns regarding diet/menu/quantity please do not hesitate to discuss it with me.

I am happy to support you if you are weaning your baby and make pureed dishes if required.

Children are offered water & milk daily. Fruit juices, sweets or chocolates are offered only on special occasion.