



## Healthy Eating Policy

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

I am happy to provide all children in my care with healthy meals, snacks and drinks, or to cook/serve food provided by their parents.

I encourage children to choose healthy options and to experiment by trying new foods from other cultures. Older children are encouraged to help in the preparation of food and meals. 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 particular dislikes or favourite dishes please let me know.

I will record what your child has eaten and approximate amounts in your child's daily contact book, as and when you provide one. 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. I have a blender and am willing to make pureed dishes if required.

I do not permit children to have fizzy drinks, unless it is a special occasion and parents have given permission. Children are offered water, milk or fruit juices.

I do not encourage children to eat sweets on a regular basis, however I do sometimes offer sweets for special occasions. Please let me know what, if any sweets you permit your child to eat.

I have read and understood the details of this policy

Signed

Date

Please note

As a part of my continued professional practise this document will be reviewed and amended as appropriate. You will be notified of any changes and will be required to re-sign this document.