



Healthy Eating Policy

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

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

We 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. We are 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 us know.

We will let you know if your child hasn't eaten very much or not at all. If you have any concerns regarding diet/menu/quantity, please do not hesitate to discuss it with us.

We are happy to support you if you are weaning your baby. We have a blender and are willing to make pureed dishes if required.

We 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.

We do not encourage children to eat sweets on a regular basis, however we do sometimes offer sweets for special occasions. Please let us know what (if any) sweets you will not allow your child to eat.