



Healthy Eating Policy

Version History	
Date	Comments
13/09/2016	Reviewed
17/10/2016	Rebrand
22/05/2018	Reviewed. Policy made clear to show that I do not provide hot meals and reference to daily diary change to blog.

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 snacks and drinks and to reheat / 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 snacks. I am happy to discuss snack options with parents and cater for children with different food allergies and cultural/religious requirements. If your child has any particular dislikes or favourite foods please let me know.

I will record what your child has eaten in the blog. If you have any concerns regarding diet/quantity please do not hesitate to discuss it with me.

I am happy to support you if you are weaning your baby.

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

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.