

HEALTHY EATING POLICY

Aims of this policy:

- To promote the personal development and wellbeing of the child.
- To promote the health of the child and provide a foundation for healthy living in all its aspects.
- To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

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

We encourage all children in our care to have healthy meals, snacks and drinks.

If you want to supply food for your child for consumption on the premises, you must be aware of food hygiene when preparing packed lunches or snacks.

This includes checking dates for consumption of both dried and perishable foods, and correct storage of food items when sent to school.

We do not permit children to have fizzy drinks, unless it is a special occasion and parents have given permission.

We do not encourage children to eat sweets on a regular basis; however we do sometimes allow sweets for special occasions.

What is a healthy eating?

- It is full of goodness like protein, vitamins and calcium.
- Contains food with no sugar, because too much sugar is bad for your teeth.
- Contains no coloring or additives.
- Gives us strength and energy
- Makes us fit and healthy
- Helps our brain power.

What could be in a healthy lunch?

- Sandwiches or rolls with cheese, meat or other fillings.
- Bread, crackers
- Fruit (peeled and chopped for small children)
- Raisins
- Vegetables (washed and chopped))
- Pasta
- Salad
- Small, plain biscuits (no chocolate)
- Yoghurt (easy to open).

What drinks could we include in a healthy lunch?

- Water
- Fruit juices
- Diluted drinks
- Milk
- Actimel
- Smoothies.

What drinks should not be allowed?

- Fizzy drinks
- Sugary drinks
- Hot drinks (in case we spill them).

Our children are very keen to have healthy lunches and show a good understanding of what that means. We hope these guidelines will assist everybody in making healthy choices.