



## Healthy Eating Policy

**Date updated: April 2022**

**Date of next review: April 2023**

You must provide a healthy packed lunch for the children to eat unless you have arranged and paid for them to have hot lunch, snacks will be provided. Any special dietary requirements or allergies need to be discussed and recorded; any changes to these circumstances need to be shared immediately. We are a nut free setting so please be mindful of this when packing your child's lunch.

- Water will be always available to children.
- Please provide your child with a named water bottle containing water only NO fruit juice/squash.
- Other snacks, milk and water will be provided also at snack times.
- Snacks and any treats to be given will be discussed during consultation with parents.

### Procedures

- We will make children aware that drinking water is always available to them
- We will make children aware of healthy eating and food groups.
- We will be sensitive to children's likes and dislikes.
- We will consider any special dietary needs.
- We will be aware of the changing needs of individual children in relation to their age, health, exercise levels and the physical environment.
- We will encourage the children to independently feed themselves.

