



Healthy Eating Policy

The weekly menu will provide children in childcare with a tasty, varied and nutritional diet.

All the children will have suitable food made available to them.

Children who do not have breakfast at home will be offered this when they arrive, with agreement from their parent/guardian.

Milk will be served with morning and afternoon snacks.

All dairy products will be full fat for under 2's and semi skimmed for over 2's

Soya drinks will only be given as a substitute for cow's milk with the parent's agreement if the child is on a dairy free diet.

Water will be available at all times.

Children will have access to fresh fruit if they are hungry between meals.

Children will be allowed to have second helpings of fruit or milk-based desserts.

Children will still receive dessert if they refuse their main meal.

Parents/guardians will be advised daily of what their child has eaten and amount of fluids for that day.

Parent's/guardians of children who are on special diets will be asked to provide as much information as possible about suitable foods and, in some cases, may be asked to provide the food themselves. If they have specific dietary requirements a care plan will need to be put in place before the child starts, if there is an allergy to specific foods or an intolerance.

Carers will sit with children while they eat and will provide a good role model for healthy eating.

With holding food will not be used as a form of punishment.

Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.

Children will be encouraged to play outside everyday, as sunshine helps their bodies to make vitamin D.

Hot meals and picnic bags are available for younger children these are supplied by the Primary School kitchen and parents / carers are charged a cost of £3.00 per meal these are nutritionally balanced meals provided by HCC.

This policy adopted October 2019 signed

Director

Company Secretary

Woodcroft Pre-school and Wrap Around Care