

# Healthy Eating Policy

I believe it is essential to provide children with positive, healthy eating experiences in order to promote their well being. I also encourage children to look at the long-term effects of a healthy and balanced diet. I respect the different dietary, cultural and health needs of all the children.

I will provide a healthy menu which meets the nutritional requirements and dietary needs of children as they grow. These menus are available to view at any time and will be reviewed seasonally.

I have a vegetarian household and as such my menus will be suitable for Ovo-Lacto Vegetarians. Should your child have any specific dietary need or allergy, please let me know and I will accommodate this. Alternatively, you can provide meals for your child yourself, but these must be in line with this policy.

My menu is designed to promote family dining in the evening. For this reason the larger meal is served at lunch time, with a smaller portion being served at teatime, to ensure that the children are still able to eat dinner with their families when they get home. Parents can discuss with me if they require their child to be fed dinner whilst in my care, and under certain circumstances exceptions can be made.

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 meals.

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

I am happy to support you if you are weaning your baby. I have a blender and am willing to make puréed dishes if required.

Children are offered water, milk or occasionally fruit juices. I do not allow children to have fizzy drinks. Water is available at all times for the children to access independently.

I have completed the Level two food safety and hygiene for catering training, and as a result am aware of the correct procedures for handling, storing and serving food.

Review Date: 31/08/2017