



## **HEALTHY EATING POLICY**

### **Statement:**

Pippins Preschool will provide children with a healthy and nutritious snack and we encourage parents / carers to do the same when preparing their child's lunch. We encourage children to be healthy and help them to make healthy choices. We ask that parents respect and encourage our school rules when it comes to being healthy. This includes providing a healthy lunch with no sweets, chocolate or chocolate based products.

### **Aim:**

- To promote a healthy attitude towards food and to educate the children of the importance of a healthy diet. "The ages between one and four are a crucial time for learning good dietary habits that can lay the foundations for future good health". (BBC Health)

### **Procedure:**

- During all children's registration process parents / carers must inform us of any special dietary requirements, food allergies and any special health requirements whilst we are completing children's care plans. This information will be kept in each child's individual record folder and a copy will be left in the kitchen on the wall. We will review each child's care plans regularly;
- Fresh drinking water is available and accessible to the children at all times;
- Drinks are brought into the garden during outside time and taken on outings;
- A healthy snack is provided by the setting every day for the children. This always includes a variety of fresh fruit and is accompanied by either toast, crumpets, cheese and crackers or a biscuit. Milk and water is also offered with snack:
- All children who are joining us for Lunch Club bring a packed lunch. Parents / carers are encouraged to provide a healthy, well-balanced and nutritious lunch. For ideas and information parents can visit [www.eatwell.gov.uk/child](http://www.eatwell.gov.uk/child) or [www.nhs.uk/change4life](http://www.nhs.uk/change4life);
- Parents / carers are asked not to put sweets or chocolate based products into their child's packed lunch boxes. Any such products will be removed from the lunch box and sent back home;
- We encourage a water for life attitude therefore we ask parents not to include juice or squash in their child's water bottles. A small carton of juice is fine with a child's lunch. Children will be provided with fresh water throughout the day;

- If parents / carers wish to bring in sweets or chocolate for their child's birthday these items shall be sent home with each child;
- If parents would like to bring in a birthday cake to celebrate their child's birthday this is fine but we do encourage that this is not a chocolate cake and that it is not too big. A small serving of cake is sufficient. Small cupcakes would be better. This will be served in addition to fruit at snack time, or as an afters at lunch time;
- Children at Pippins Pre-School are educated on the importance of healthy eating. We have themes, topics and activities that can help promote a healthy attitude towards food. We have tasting days where children can try new foods and we provide a variety of fresh fruit;
- Where possible, we purchase organic products and we try to use local produce to help support the local community.

All policies and procedures are reviewed annually or when required.