

# Healthy Eating Policy

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

We are happy to provide all children in our care with healthy meals, snacks and drinks, or to cook/serve food provided by their parents.

We 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.

We have a 2 week menu which is given to all our parents. In addition to meals children will be given a fruit snack at 10am and 3:30pm, they will also be offered a plain biscuit with the morning snack. Drinks are always available in the children's own cups or bottles.

We constantly strive to provide children with healthy meals and snacks, and must ensure that meals are giving the children a balanced diet. Should there be any foods that your child will not eat please inform us and we will adapt meals to suit them. As childminders it is impossible for us to prepare different meals for each child, therefore we would welcome your input as parents so that we can provide meals that are both healthy and appetising for the children.

We are happy to support you if you are weaning your baby. We have a blender and are willing to make pureed dishes if required.

We do not permit children to have fizzy drinks, unless it is a special occasion and parents have given permission. Children are offered water, milk or fruit juices.