



Health Eating Policy

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

If you supply food for your child for consumption on the premises, you must be aware of food hygiene when preparing packed lunches or snacks.

This includes checking dates for consumption of both dried and perishable foods, and correct storage of food items when sent to the setting.

As consumption of all food on my premises, inclusive of packed lunches provided by parents, is ultimately my responsibility, the following must be observed at all times.

Any perishable foods inclusive of dairy and meat products must be identified and labelled with your child's name or sent in their lunch box. These will then be stored in the refrigerator until required.

Any food not consumed by your child will be discarded on the same day, subject to conditions below:

Any out of date foods will not be given to your child, as they cannot be stored on the premises, they will be discarded and you will be informed.

Food brought to the setting to meet your child's specific dietary requirements can only be stored on a weekly basis and must be collected at the end of the week.

Pre-packed baby foods will not be given unless provided by you with your written permission. This is to ensure the child's welfare with regard to known and unknown allergies.

Babies formula milk needs to be provided in clean bottles, with your child's name and date stated clearly on them.

I encourage children to choose healthy options and occasionally to experiment by trying new foods from other cultures.

I will record what your child has eaten in their daily diary, if you have any concerns regarding diet/menu/quantity please do not hesitate to discuss it with me.



I do not permit children to have fizzy drinks.
Children are offered water to drink

I do not encourage children to eat sweets on a regular basis, however I do sometimes offer sweets for special occasions. Please let me know what, if any sweets you permit your child to eat.