



Healthy Eating Policy

At Little Saints Nursery, we hope to raise awareness of healthy eating and the importance of eating a balanced diet. We aim to educate children on how to achieve a balanced diet.

Our Aims and Objectives:

- 🕒 To inform parents on the importance of healthy eating.
- 🕒 To encourage children to make healthy choices.
- 🕒 To explain to children what is meant by a balanced diet.
- 🕒 To explain the importance of coupling a balanced diet with regular exercise.

Snack:

We provide healthy options for children to choose from. These include cheese, fruit and breadsticks. We offer either milk or water to drink, with water also being available at all points throughout the day. We can accommodate children with varying dietary requirements.

Packed Lunches:

We politely ask that:

- 🕒 No nuts or peanut products of any sort are packed in lunches under any circumstances.
- 🕒 Your child's packed lunch is balanced and as healthy as possible. This does not mean that crisps and sweets are banned! However, we encourage children to eat their sandwiches and fruit before their treats.
- 🕒 Your child's lunch is packed with an ice pack to keep it as fresh as possible.

We will:

- 🕒 Ensure that all cultural differences in diet or eating habits are respected.
- 🕒 Clearly display and children with dietary requirements in the food preparation area to ensure all members of staff are aware.
- 🕒 Provide alternative foods for children with allergies where possible, however this is not always possible.
- 🕒 Encourage children to exercise as much as possible while at nursery.
- 🕒 Regularly discuss good diet and exercising benefits with children.
- 🕒 Never withhold food as a form of punishment.
- 🕒 Sit with children at the table to role model good eating habits and table manners.

Signed by: _____

Printed name: _____

Date: ____/____/____

To be reviewed on: ____/____/____