



Healthy Eating Policy

You must provide a packed lunch for the children to eat and snacks will be provided. Any special dietary requirements or allergies need to be discussed and recorded; any changes to these circumstances need to be shared immediately.

- Water will be available to children at all times.
- Other snacks and drinks will be provided also at snack times.
- Snacks and any treats to be given will be discussed during consultation with parents.

Procedures

- We will make children aware that drinking water is available to them at all times
- We will make children aware of healthy eating and food groups.
- We will be sensitive to children's likes and dislikes.
- We will take into account any special dietary needs.
- We will be aware of the changing needs of individual children in relation to their age, health, exercise levels and the physical environment.