

## Healthy eating policy

All the meals and snacks that we provide at the nursery are healthy and nutritious with little fat, sugar, salt, additives, preservatives and coloring contents.

Before all children start the nursery we will ask the parents/carers any dietary requirements, rules and allergies the child may have. This will be put in writing on the registration form given before the child starts.

All children with special dietary, rules and allergy requirements will have support from the staff and any arrangements will be met. Where possible children who have special dietary requirements will be given the same meal but with varied ingredients.

Menus are planned on a four weekly rota with the essential requirements needed for children. The elements will include protein for growth, carbohydrate for energy, minerals in raw foods, salads and fruit. These are displayed on the parent's notice board and any suggestion or recommendations will be welcome from staff or parents/carers. These will include a wide range of foods from different cultures and children will have the opportunity to try them.

Water will be readily available at all times.

Whole milk is provided for the children aged from 1 yr upwards and for children aged 3 months - 12 months formula milk is provided by parents/carers.

An alternative will be offered to a child if they do not eat any of their dinner. Alternative meals are not encouraged if the child hasn't attempted their meal as this is not advisable for the development of a healthy child.