**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 snacks and drinks.

Parents of children bringing pack ups should consider the following:-No nut items, chocolate/sweets or fizzy drinks. Although your child maybe ok with nut products other children in our care may be severely allergic to any trace amount of nuts. It is therefore our policy to say NO NUT produce while children are in our care.

Children under the age of 5 should not have chewing gum so please to do give your child chewing gum to have when here. It is therefore in our policy to say NO CHEWING GUM on the premises for any child in our care.

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 are happy to discuss snack items with parents and cater for children with different food allergies and cultural/religious requirements. If your child has any particular dislikes or favourite dishes please let us know.

If you have any concerns regarding diet/snack/quantity please do not hesitate to discuss it with us.

Fizzy drinks are not permit. Children are offered water, milk or fruit juices.

We do not encourage children to eat sweets on a regular basis; however we do sometimes offer sweets for special occasions. Please let us know what, if there are any sweets you do not permit your child to eat.

**Selection of Snacks**

**Fresh fruit**

Apples

Oranges

Pears

Melon

Water melon

Grapes

Pineapple

Mango

Strawberries/ cucumber/tomatoes

And many more

Toast with butter

Cheeses

Yogurts

Selection of Sandwiches e.g. Ham, cheese, egg mayonnaise, tuna mayonnaise

**Items of food that we may have made together e.g.**

Muffins

Cakes

Bread

**Occasional treats**

Biscuits

Crisps

This is just a selection of what we offer to the children.