

HEALTHY EATING POLICY FOR WHIZZ KIDS PRE-SCHOOL

Please also see

- Food Hygiene Policy
- Health and Safety Policy

Policy

Our pre-school encourages children to develop a positive attitude to food and healthy lifestyles. At Whizz Kids we recognise that Early Years is an ideal opportunity to encourage children to eat well and learn about food and can set the foundations for their future health and wellbeing.

Procedure

We offer healthy snacks and drinks and encourage parents / carers to provide a packed lunch that is nutritious.

We obtain any necessary information from parents/carers regarding any special dietary requirements or food allergies when their child joins us.

Our staff are good role models for healthy eating and join the children at snack and lunchtimes. We promote lunchtimes as a social occasion which provide opportunities to promote children's social development as well as encouraging good eating habits and table manners.

Children will be encouraged, not forced, to eat everything provided by their parents in their lunchbags. We accept each child is unique and the 'order' in which food is consumed is encourage but not forced. Praise will be given when a child eats their lunch and sweet foods and desserts are not used as a reward.

Children has access to drinking water and milk throughout the session. Juice is only consumed if it is part of the child's lunch.

This policy and its procedures was adopted at a meeting between Mrs Terina Wilkinson and Mrs Sara Ward on 26th November 2019 and will be reviewed annually or sooner if necessary.

Signed by

Mrs Terina Wilkinson

Room 1 Manager

And

Mrs Sara Ward

Room 2 Manager