Healthy Eating

The health and welfare of each child attending the nursery is of great importance and a prime concern to the nursery.

Staff at the nursery are very much aware of the benefits and importance of keeping children healthy through healthy eating, regular exercise and lifestyle.

In collaboration with parents it is our aim to promote each child’s wellbeing and long-term health by ensuring that:

* All individual dietary requirement whether due to allergies, intolerances, cultural and personal preferences are appropriately met.
* All meals provided by the nursery are well balanced, healthy and nutritious.
* Good quality fresh and seasonal produce is used where possible when catering for the children.
* All menus are displayed on the parents notice board to inform parents of meals provided and to help them to plan balanced and varied diets at home.
* Children are offered a suitable alternative if they do not like or eat their meal.
* All children have access to fresh drinking water at all times.
* Children have access to bread or fruit if hungry between meals.
* Opportunities are created to allow the children to experience and learn about new and different foods through fun activities and topics.
* Children are given regular opportunities to engage in physical exercise both indoors and outdoors on a daily basis.
* Children are not permitted to bring food or drink items into the nursery without prior consent from the nursery manager with the exception of children’s birthday when parents are encouraged to bring in heathy treats which can be served as part of a meal.
* We provide a private, healthy and safe environment for nursing mothers to feed, express or store milk.