

## 24. 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 at Westfield House with healthy meals, snacks and drinks.

All meals will be prepared from fresh.

If on an outing a healthy and substantial packed lunch will be provided. If for any particular reason the packed lunch can not be consumed or has not been taken, a meal may be purchased from outside i.e. in a cafe. All meals purchased will be done with thought given to maintaining healthy eating habits and dietary requirements.

Any food not consumed by your child will be discarded on the same day, unless provided by yourselves and you have requested we save any left overs in writing.

Any out of date foods will not be given to your child, as they cannot be stored on the premises and they will be discarded immediately.

Food brought to the setting to meet your child's specific Dietary requirements must be labelled with their name and the date the food was prepared and stored.

Pre-packed baby foods will not be given unless provided by you with your written permission. This is to ensure the child's welfare with regard to known and unknown allergies.

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 menus 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.

For children under three years of age we will record approximate amounts of what they have consumed on their daily nappy card.

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

We are happy to support you if you are weaning your baby.

Children are offered water or milk to drink.

Children will not be encouraged to eat sweets on a regular basis, however, we do sometimes offer treats such as buns and cake on special occasions such as birthdays.

If you do not wish your child to have these occasional treats then please make us aware and an alternative will be arranged for your child.