

NUTRITION POLICY

December 2008

[Link to EYFS Unique Child 1.4 Health and Well Being](#)

AIM

To ensure children in my setting have a well balanced diet, good education on healthy eating and ability to try new foods.

I recommend you bring a packed lunch for your child with no fizzy drinks and at least one portion of fruit please. I provide all snacks for the morning and afternoon in line with the below.

Here is a menu that can be provided

Morning Snacks - will usually consist of selection of fruit, cheese biscuits, plain biscuits, and a choice of water, milk, orange or blackcurrant squash.

Afternoon Snacks - would consist sweet biscuits, cheese and crackers, or fruit, yoghurt or fromage frais.. Very occasionally, I may offer a piece of chocolate - (unless you do not want this given to your child.) Again water, milk or squash will also be offered to the child.

'Special Treats' - I let the children have a special snack on a Friday consisting of crisps or sweets if we have been on an outing and the children have been well behaved.

Should you NOT wish you child to have these treats, please let me know and I can offer healthy alternatives, for example, small packet of raisins or bag of chopped fruit.

Special Dietary Requirements'

It is important that I am aware of any special dietary requirements, preferences and food allergies that your child may have, and that I am updated as and when dietary needs change.

There is a section on the 'CHILD RECORD FORM' for you to list any special dietary needs.

Policy Completed by Jo Gilmour

Policy Review Date: Dec 2009

Parent Signatures and date