



HEALTHY EATING POLICY

- At snack times a snack bar is in operation, small groups take snacks together ensuring that play is not broken.
- At lunch time the children bring in a packed lunch. Guidance on providing a healthy lunch box is provided.
- Because of storage limitations parents are advised to take care when providing packed lunches, an insulated container is advised with small cool packs included.
- Staff will closely supervise children at meal times.
- Snack and meal times are a valuable source of language and communication.
- It is the responsibility of the Manager to ensure that any special dietary requirements, preferences or food allergies that a child may have are recorded and staff informed.
- Fresh drinking water will be available at all times.
- It is our policy to serve low sugar and low salt foods, alongside wholemeal bread products wherever possible. This is in line with the government's current healthy eating initiative.