



Healthy Eating Policy



We have a responsibility to support you in ensuring your child is provided with a well-balanced diet and has regular access to fresh air and exercise. Children must be made aware of healthy choices and why it is important to look after our bodies.

We follow advice from the Nutritional Guidelines for the Under 5's when planning meals and snacks and work hard to provide all children in our care with a good variety of healthy foods and drinks. We are also happy to cook/serve food provided by parents. If your child has any dislikes or favourite dishes, please let us know and we will try to incorporate it into our diet.

We encourage healthy options and allow children to experiment by trying new foods from other cultures. Children are also invited to help in the preparation of meals and snacks (when possible). Children love to get involved with cooking and by doing so they can develop several skills such as learning to take turns, language development and arithmetic whilst also having the opportunity to try new foods and to see what whole foods look like before they are cooked and served.

All children have full access to water all day from the water dispenser which is refreshed regularly. We also have a choice of milk during snack times too.

Allergies / Special Dietary Requirements

Legislation passed and enforced by the Food Standards Agency requires all food businesses to know what allergens are contained within the food they provide. It is also essential for me to know if your child suffers from an allergy or intolerance so as together, we can ensure that your child is not offered food or drinks that will cause them to become ill. Upon your child starting with us in the setting, you are required to complete an all about me form which you can put down any allergies/intolerances that your child may have, we will then follow this with a care plan which is then read by all members of staff.

Baking & Treats

We enjoy cooking and baking with the children from time to time and allow them to sample what we have made. We do not usually offer sweets unless it is a special occasion e.g., birthday. Unless we have previously agreed as part of a special celebration, we would request that you do not provide your child with sweets or treats from home. This may cause upset to other children who do not have treats and poses a danger to any children who suffer from allergies or intolerances. Please let us know if you do not permit your child to eat sweets or sample the baking that we make. I will record what your child has eaten and approximate amounts on the Family app. If you have any concerns regarding diet/menu/quantity, please do not hesitate to discuss this with me.

Use of fabric Aprons

We will use reusable aprons to cover the children's clothing when eating meals, all children will be supplied with one, with a staff member putting them onto the children ensuring they are correctly and safely used. We will not encourage children to put them on by themselves. We will ensure a staff member is always monitoring the children when wearing these aprons. Should you wish to discuss this please don't hesitate to get in contact with a member of our team.

This policy was adopted by	Teddy Bears Childcare
Policy Created	28/11/2017
Last Reviewed	26/01/2024
Name and role of signatory	Melissa Simpson (Manager)