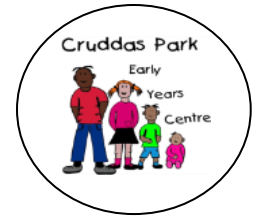


Cruddas Park Early Years Centre **Food and Healthy Eating Policy**



Rationale:

The Centre is committed to ensuring an environment and ethos that encourages a healthy lifestyle.

We work within the Early Years Foundation Stage Framework and Statutory Requirements to ensure successful outcomes for children, including the right to be healthy.

Purposes:

- To ensure the food and drink available during the day reinforces the healthy lifestyle message.
- To encourage children's interest in a wide variety of healthy food choices to enhance physical and mental well-being.
- To work in partnership with parents to promote healthy eating.

Guidelines:

- Water will be available for the children throughout the day.
- Milk will be served daily.
- Children will be encouraged to try a range of fruit, vegetables and healthy snacks on a daily basis during snack time.
- The curriculum will include healthy cooking opportunities for the children and the Centre will aim to provide healthy cooking activities and promote nutritional advice for parents.
- Parents will be advised if their child is not eating well.
- Parents will be asked to provide information of any special dietary requirements.
- Lunchtime supervisors will sit with children during meal times and encourage them to eat their lunches, and try everything on offer.

- Children will be encouraged to use appropriate cutlery.
- Parents will be encouraged to ensure that packed lunches are appropriate to the children's needs and reflect healthy options.
- The curriculum will provide opportunities to experience a variety of healthy foods.
- The curriculum will provide opportunities for discussion and reflection on healthy lifestyle issues.

Conclusion:

This policy will be reviewed bi-annually and we will ensure that we meet the national school standards.

Review Date	Changes made	By whom	Date Shared
March 2018 Next review Mar '20	5/3/2018	Karen Collins	5/03/2018-shared and ratified with CC

