



Healthy Eating Policy

This policy will be reviewed on an annual basis

Aim: to promote healthy eating and healthy lifestyles.

At Pippins pre-school and nursery, we promote healthy eating by encouraging children to make healthy choices. We refer to the governments Healthy Eating Plate. We teach them about healthy food and a well-balanced diet. "We are a Nut Free setting" - we explain to children nuts are healthy for them to eat out of the setting however some children are allergic to them. We promote 5 a day is the healthy way.

Information regarding food or drink allergies, dietary, religious or health requirements and preferences will be obtained from the parent or carer prior to the child starting at the setting. This information is gathered during induction and the registration form.

All allergy/intolerance and preference information is recorded on our allocated list, which is available for all Early Years Educators to see in each room and in the kitchen.

We provide water or milk to drink and water is available at all times.

Food and drink consist of a range of seasonal fruit and vegetables, bread and crackers.

Any fruit or vegetables that are a choking hazard such as grapes, cherry tomatoes, blackberries etc provided either by the setting or by a parent/carer will be cut into quarters to prevent a child from choking.

We offer a variation of food and drink connected to festivals or children's interests for example porridge when learning about goldilocks and the three bears, pancakes on pancake day or stir-fry for Chinese New Year.

This policy was adopted at a meeting of Pippins Pre-school and nursery

Held on Thursday 19th October 2023

Signed on behalf of the Management Trustee Director

Role of signatory (e.g., chair etc.)

Chair

Commenced 2010 Revised 21.12.2022, 08.04.2024