



Little
muddy me

Healthy Eating Policy

Date updated: October 2023

Date of next review: October 2024

You must provide a healthy packed lunch for the children, snacks will be provided. Any special dietary requirements or allergies need to be discussed and recorded; any changes to these circumstances need to be shared immediately. We are a nut free setting so please be mindful of this when packing your child's lunch.

- Water will be always available to children.
- Please provide your child with a named water bottle containing water only NO fruit juice/squash.
- Other snacks, milk and water will be provided also at snack times.
- Snacks and any treats to be given will be discussed during consultation with parents.

Procedures

- We will make children aware that drinking water is always available to them
- We will make children aware of healthy eating and food groups.
- We will be sensitive to children's likes and dislikes.
- We will consider any special dietary needs.
- We will be aware of the changing needs of individual children in relation to their age, health, exercise levels and the physical environment.
- We will encourage the children to independently feed themselves.