



## Healthy Eating Policy

Kids2Day Pre-School provides healthy, nutritious and balanced food and drinks. Food and drink are safely prepared with regard to the dietary and religious requirements of the children in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child.

Information regarding food allergies is recorded on the Allergy Information Board which is visible to staff whilst food is being prepared.

Kids2Day Pre-School promotes healthy eating and leads by example. Staff responsible for food preparation, handling and storage have received appropriate training.

- We provide suitable healthy snacks for all the children.
- Children are encouraged to develop good eating skills and table manners.
- All children are given plenty of time to eat.
- Where appropriate, children are involved in planning and preparing food and snacks.
- Fresh drinking water is available at all times. Children to have water within water bottles to drink throughout the day.
- A variety of fresh fruit is available at all sessions.
- Withholding food is never used as a form of punishment.
- Staff discuss with children the importance of a balanced diet where appropriate.
- The Pre-School does not regularly provide sweets for children.
- We limit access to fatty or sugary foods.
- Parents are encouraged to pack their child a healthy and nutritious lunchbox, free from nuts or products containing nuts. Sweets or chocolate bars should not be included.
- Children are never forced to eat or drink anything against their will.
- Children who have individual needs around certain foods they can eat, eg sensory issues, a working in partnership form will be completed to ensure we provide and support their specific needs.

This policy was adopted by: Kids2day Pre-School	Date: 13/09/24
To be reviewed: Sept 25	Signed:

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2023): Safeguarding and Welfare Requirements: Food and drink [3.48-3.49]*