

LORD'S DAY NURSERY

HEALTH EATING POLICY

1. All children should have access to fresh drinking water all throughout the day.
2. The children within the Setting must be given a health balanced meal for breakfast, lunch, tea. Monitored and advised by the outside agencies, such as early years.
3. Snack should be provided by the Setting at snack times and available all throughout the day.
4. Children can bring in snacks from home but this must be a health snack e.g fresh fruits, salad snacks, bread sticks, crackers and raisins.

This would be put into a snack basket/fridge with the child's Name and date on it. If this is not eaten, Lord's Day nursery will give it back to the parent or throw it in the bin

5. Parents are encouraged to bring in a health snack for their child when they pick up their child from the Setting. This does not mean lolly pops, sweets etc.
6. Parents are advised to attend
 - Breast feeding practical support clinics
 - Weaning next steps: lump and finger foods
 - Healthy eating 1-5's
 - Weaning parties
 - Nutrition drop in

Which are run by the Local Early Start Programs. Please speak to the manager for information on these programs and she will be happy to help

7. Parents will be given copies of the Setting menu on request.
8. Children are encouraged to have health choice of food and practitioners are encouraged to sit with the children to encourage health eating.