**Healthy eating policy**

We strongly believe that all children should be encouraged from a young age to eat a well-balanced healthy diet.

Introducing a wide variety of different tastes and textures and educating the children about healthy choices will help the children develop healthy eating habits for the future. We do this by making meal times fun and a social event where the children can enjoy and experiment with many different foods, while eating together at the table. We do not use high chairs and instead provide baby wooden chairs which enable all the children to sit together at the same height. The children are encouraged to have good table manners and we educate the children about which foods are healthy and which foods are just for treats. We also learn about oral health and why it’s important to brush our teeth twice a day. We enjoy lots of cooking experiences, enjoy food tasting activities and learn about how to take care of our bodies, teeth and mind.

Breakfast consists of low sugared cereals, toast or porridge. Drinks on offer are milk or water.

Dinner will usually be served at 11.30am, which varies daily (please see current menu).

We offer tea which is served at 3.30pm. (please see current menu).

Snack time is 10am and 2pm this usually is fresh fruit, vegetable sticks or cheese and crackers.

We provide your child with a spout cup (if they cannot yet drink out of a normal cup) we leave these on the table throughout the day so your child can indicate or help themselves to a drink when needed. We ask for children in the preschool rooms to bring their own water bottles.

We currently operate a three-week rotating menu which is displayed on the notice board and online [www.themeadowschildcare@gmail.co.uk](http://www.themeadowschildcare@gmail.co.uk) If your child does not like what is on the menu, then they can choose an alternative such as sandwiches, beans on toast, jacket potato or bagels.

If your baby is weaning then we can discuss which food you would like to introduce to your child and put together a weaning plan. We have designed our menu to make sure young babies can still enjoy it all and can be blended down to make a puree.

If you would like your child to bring their own meals then please respect the healthy eating policy. It would be highly appreciated if crisps, chocolate, juice and fizzy drinks were left at home.