

### Healthy setting policy.

It is vital that children have a good balanced diet to develop healthily. Fresh air and regular exercise are also mighty important.

I am willing to provide healthy balanced meals, snacks and drinks to all children in my care or to cook/serve meals that are provided by the parent.

I encourage children to try new foods especially those from other cultures. Children are actively involved in preparing food if it is appropriate.

I am happy to cater for children with special dietary requirements but require a conversation with the parents to discuss this matter. I would also appreciate if parents could inform me of any likes/dislikes that your child may have.

We all sit down together to eat at the table as eating represents a social time and this is a good time to educate children on healthy eating.

Each day I will record what your child has eaten in their personal diaries and our menu for the day will be displayed on our white board in the kitchen.

If you have any questions or queries please discuss these with me.

Also I am happy to support you if you are weaning your baby. I own a blender and am willing to make pureed dishes.

While your child is in my care I am not willing to give them fizzy drinks, I would appreciate if you could refrain from giving your child a fizzy drink to bring to my home.

Milk, water and diluted fruit juices are readily available for your child.

Sweets will only ever be offered on a special occasion, however your permission will be asked before these are offered.

Chewing gum is NOT allowed in my home. I would ask you to not allow your child to bring this into my home.

Written by Sarah Welsh

Date October 2010

Review date: October 2011

