



Healthy Eating Policy

Why have a healthy eating policy?

This healthy eating policy is designed to ensure your children are given healthy, balanced and nutritious foods. Healthy eating is important for growth, development and achievement in later life. Good eating patterns and a healthy and varied diet will also reduce the risk of overweight and obesity in childhood through to adulthood and reduce the risk of chronic diseases such as heart disease, stroke, diabetes, cancers and mental health problems. If your child is currently bringing lunch we would encourage you to follow this policy.

- Snacks provided are low in sugar and salt.
- Drinks are water and milk only.
- Snacks contain enough starchy foods to give children energy.
- We encourage children to try new foods with other children.
- We include fruit or vegetables at each snack-time.
- Soft drinks, crisps, sweets & chocolate are not given to children, we encourage parents not to bring them to nursery.
- Although on special occasions like Christmas such foods will be made available as a treat.
- Please make sure your child has a good breakfast each morning before nursery.
- We encourage feedback from parents regarding this policy.

Sources:

School Food Trust, Health Promotion Agency, Caroline Walker Trust & Scottish Executive.