



60 Station Road | West Byfleet | Surrey | KT14 6DX

Telephone: 01932 348348 | Fax: 01932 355328

Healthy Eating Policy

At Little Cherubs Nursery we promote healthy eating and lifestyles, staff will only eat the same food that children are offered and if they drink other than water it is to be from a cup not a branded bottle or can. The children are offered fresh or dried fruit for snacks, occasionally items such as toast or crumpets maybe offered. During mealtimes staff sit with the children at the table and help them to eat using their knife and forks and encourage polite conversations. All the children have lunch in their own rooms so that smaller groups should be easier to manage. We like mealtimes to be as relaxed as possible, children are not forced to eat anything but only asked to try it, children get praised for eating and trying their meal. Children with empty plates are given a special sticker.

Children are offered water continuously throughout the day; there water cups are filled with fresh water morning and afternoon and anymore if they are needed during the session. Each child provides their own drinking cup based on the best one to suit them, staff will often remind children to have a drink throughout the day. The children are not offered Juice of any form at any point in the day.

All children in our care are offered milk at snack times in the morning and afternoon if they would like it. We offer children less than 2 years blue milk and children over 2 years are offered green milk. Children that are under a year and still drinking formula are not offered cow's milk, parents are asked to provide formula in cartons, parents are asked to provide one or two more cartoons as spare so that if their child requires more milk it is available for them.

'Children's health is an integral part of their emotional, mental, social and spiritual well being and is supported by attention to these aspects. Diet is central to health and children's diet can be an important influence on their health now and in the future. Nutritional status can have immediate impact on the health of children and young people. A poor diet can contribute to anaemia, dental decay, obesity, susceptibility to illness and adversely affect general health.' DfES, 2007

We develop children's healthy habits by modelling a good diet and talking to the children about what we are eating and why. We use a company called 'Zebedee's' who provide us meals that have been analysed by a paediatric dietician to be in line with the Caroline walker under 5's guidelines. We use our sports session to teach the children about the importance of exercise, they regularly talk to the children about why we exercise.