

Greenfields Childcare and Montessori School

Healthy Eating Policy



Mission Statement.

To promote life long education of healthy eating for mind and body.

Aim

A healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the pre-school day and for their growth and development..Our aim is to help them establish a healthy lifestyle that we hope, will continue into adulthood.

Benefits of healthy eating.

- Helps young children develop, grow and do well in school.
- Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia.
- May help prevent health problems in later life including heart disease.
- Establishing healthy eating habits at a young age, is critical because changing poor eating patterns in adulthood can be difficult.
- Sitting down to a meal with other children is an important part of a child's social education.

Guidelines/Action

- A weekly menu will provide the children with varied food. This menu will be on display in advance on the parents' notice board.
- Parents are asked to provide healthy snacks for their children e.g. fruit, yogurt, sandwiches and crackers. A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid.
- Fizzy drinks are not permitted. Healthier choices of drink include water, milk, unsweetened juice.
- Water will be available at all times.
- Parents are asked NOT to send sweets, cakes, crisps, chewing gum or chocolate bars as they will be sent home again.
- Birthday party food should be discussed in advance with the staff.
- Parents will be advised if their child is not eating well.
- All food in the pre-school will be stored, prepared and served using good food safety practices.
- Children will be encouraged to play outside every day, weather permitting, to ensure they receive sunlight which helps their bodies to make Vitamin D.

This policy will be reviewed annually.

This Policy was adopted by a meeting of Greenfield's Childcare Centre held on:

Signed on behalf of Greenfield's Childcare

Centre: _____