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www.pelican-childcare.co.uk

Policy on healthy eating

Policy Statement

This setting regards to snack and meal times are an important part of the daily routine. Eating represents a social time for children and adults and helps children learn about healthy eating. We promote healthy eating using resources and materials from The Henry programme (Healthy Exercise Nutrition for the Really Young) and The children's Food Trust. At snack time we aim to provide nutritious food, which meets the children's individual dietary needs.

Procedures

We follow these procedures to promote healthy eating in our setting.

Snack and meal times are an integral part of the social life of the setting.

It is also a time to reinforce the children's understanding of the importance of healthy eating.

We hope to achieve this by ensuring that:

- Snacks provided are nutritious, avoiding large quantities of fat, sugar, additives, preservatives and colourings.
- Children's medical and personal dietary requirements are respected.
- A snack is offered to ensure children encounter different tastes and unfamiliar foods.
- The dietary requirements of religious, medical and vegetarians are known if needed.
- We will encourage parents/carers to provide nutritious well balanced packed lunches by providing examples from "The Eat well Plate" and "The Children's

food trust". We will include food activities in to our yearly planning to encourage parents and children to make healthy food choices and develop cooking skills. They will also be sign posted to our nearest Children's Centre for courses on healthy choices.

- Provide milk and water throughout the day.

This policy was adopted at a meeting of The Board of Trustees at Pelican Children's Centre

Held
on.....

Date to be
reviewed.....

Signed on behalf of the board of
trustees.....

Name of
signatory.....

Role within the
centre.....