

Healthy eating policy

At THE LITTLE WENDY HOUSE Day Nursery we aim to offer a wide range of nutritious and freshly made foods on a daily basis. All children's individual needs and preferences whether it be medical or cultural are catered for. This information is gathered from parents on the Childs admission.

At the beginning of the day all children are offered a choice of cereals with milk, followed by toast and juice for breakfast. Fresh fruit snacks are available during the morning and afternoon alongside drinking water or milk for the children to help themselves. The setting offers a main hot cooked meal and afternoon tea which is accompanied by juice to drink.

Our weekly menu is displayed to parents and includes the four main food groups. A vegetarian alternative is always available.

We provide a calm and inviting eating environment where staff sit and eat with the children in order to provide good role models during these mealtimes. They also use this time to observe the individual eating habits of each child and inform parents on collection.

Staff are readily available to assist parents with any quires regarding their child's eating/drinking routine and give advice on weaning where appropriate.

We encourage the children to be involved in our healthy eating programe and as such, plan activities as part of our foundation stage curriculum. This includes shopping, cooking and tasting a wide variety of foods. Children are provided with valve and non-valve flowing drinking cups or cups with no lids dependent on age and development.