**Healthy Eating (Food and Drink)**

Meal and snack times will be used as a way of promoting social skills and will be a social event. At Sunny Days Pre- School we endorse healthy eating to promote child health.

Therefore:

* Fresh drinking water will be available and accessible at all time to children. Children will be encouraged to drink and taught about the effects of food and drink on their bodies to promote a healthy, balanced and nutritious diet.
* Milk will be offered to your child each snack time.
* Before entry we will discuss any dietary requirements, allergies or preferences with yourselves. We will ask parent’s to complete initial registration forms which details a child’s dietary needs. ***Parents should inform their key worker immediately if there are any changes to a child’s needs.***
* All staff will be made aware of any allergies and a list will be displayed within the setting.

**Parents responsibilities:**

* + Parents are required to provide a healthy, nutritious snack for their child for each session. Parents should provide this and any snacks can be placed in the fruit bowl before you see your child into the setting. This will be made available at snack time.
  + For children who attend for full day sessions parents are also required to provide a healthy, nutritious lunch for their child.
  + This should be placed in a clearly named lunchbox. **A cool pack must be provided to maintain the temperature of the lunch.**
  + We do not allow chocolate bars, cakes, crisps, nuts or seeds to be consumed in the setting. Please do not send your child with such items within their lunch box as these will be removed.
  + Juice and fizzy drinks are not to be sent in, for children who stay for lunch a named water bottle can be supplied and placed inside their lunch bag

**Lunch box ideas:**

NHS Choices recommend that: A balanced pack lunch should contain:

* Starchy Foods such as bread, rice, potatoes and pasta, sandwiches, bagels, pitta breads, baguettes or wraps
* Protein Foods such as meat, fish, eggs, beans and others
* A dairy item such as cheese or yogurt
* Vegetables or salad and a portion of fruit. These should replace chocolate bars and cakes.