



Smallworld Smallworld Healthy Eating Policy

In Smallworld we believe it is essential to provide children with positive healthy eating experiences in order to promote their wellbeing. We also encourage children to look at their long-term effects of a healthy and balanced diet.

We respect the different dietary, cultural and health needs of all our children.

Please note that we offer a balanced and variety of snacks to provide a range of nutritious experiences for the children.

We encourage the children to try the snacks offered, whilst respecting the child's views and opinions, likes and dislikes.

All children will be offered a piece of toast when they arrive at pre-school in the morning.

Fresh Drinking Water is available throughout the session for all children to assess.

Fresh Milk or Water and at least 1 piece of fruit or vegetable is offered at snack time.

When possible the children will be able to eat produce which they have grown themselves in our fruit and vegetable plot

For children who are staying for lunch at Smallworld we are able to provide parents with suggestions on how and what to prepare for a packed lunch. This information is available on request or may be included in your parent pack.

To avoid any incidents or accidents at lunchtime we are asking parents to not include the following foods in their child's lunch box.

*** Any foods that contain nuts. *Bars of chocolate. * Bags of sweets. *Fizzy pop**

