

# Healthy Eating Policy



Burton Pre-School  
Playgroup

At Burton Pre-School Playgroup healthy eating will be promoted on a daily basis in accordance with the Early Years Framework.

Water will be readily available throughout the day and offered at regular intervals.

A healthy snack will be provided each session, selection of fruit and breadsticks. The children will have a choice of milk or water to accompany their snack.

The children will be encouraged to be as independent as possible during this time, they will have the opportunity to pour their own drinks and select their own snack.

Please ensure that if providing a pack lunch for your child that you help to encourage healthy eating by providing a balanced nutritious lunch, this may include:

- A Sandwich, crackers, wrap or breadsticks.
- Fruit and/or salad, vegetables, for example cucumber slices or carrot sticks. If sending in grapes we ask that they could be sliced in half to minimise the risk of choking.
- A dairy based product – cheese cubes, dairy-lee triangles, cheese string, yogurt or fromage frais.
- Due to PEANUT allergies, please DO NOT send in peanut butter sandwiches or peanuts in lunchboxes.

Crisps are permitted but please do not provide sweets, bars of chocolate or lollies in your child's lunchboxes.

Mealtimes at Burton Pre-School Playgroup are a social occasion and the encouragement of good table manners and behaviour will be demonstrated by the staff present during lunch times.

- Cultural differences will be respected.
- Children will be encouraged to say please and thank you and to sit nicely on their chairs.
- Children that are slow eaters will be given time to eat and will not be rushed.
- Conversations will be encouraged.
- Individual dietary requirements will be respected.