

# Healthy Eating Policy

It is the policy of Incy Wincy Nursery to promote a healthy lifestyle when providing food or food related activities for children in our care.

1. Ensure that children are offered 'cool milk' at snack time.
2. Ensure that fresh drinking water is available (via child's own water bottle) during each session.
3. Allow children adequate time to eat and drink at lunchtime and never rush the children.
4. Provide a happy atmosphere during lunch times with child's own placemat at the lunch table.
5. Ensure a healthy snack is offered with 'cool milk' at break time e.g. breadsticks or crackers.
6. Talk about healthy food and drinks with children during activity times and particularly during circle times when we seek to enhance the children's understanding of a healthy diet including exercise and health and wellbeing.
7. Encourage the children to eat sandwiches or savoury food from individual lunch boxes by offering a small reward e.g. a sticker.

This policy is to be reviewed in September 2016

Karen Bennett & Glenna Harris.