

Select Childcare

HEALTHY EATING POLICY

A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise.

We are happy to provide all children in our care with healthy meals, snacks and drinks, or to cook and serve food provided by their parents.

We encourage children to choose healthy options and to experiment by trying new foods from other cultures. Older children are encouraged to help in the preparation of food and meals. We are happy to discuss menus with parents and cater for children with different food allergies and cultural or religious requirements. If your child has any particular dislikes or favourite dishes please let us know.

We will record what your child has eaten and approximate amounts in the daily contact book. If you have any concerns regarding diet/menu/quantity please do not hesitate to discuss it with us.

We are happy to support you if you are weaning your baby. We have a blender and are willing to make pureed dishes if required.

We do not permit children to have fizzy drinks, unless it is a special occasion and parents have given permission. Children are offered water, milk or fruit juices.

We do not encourage children to eat sweets on a regular basis, however we do sometimes offer sweets for special occasions. Please let me know what, if any, sweets you do not permit your child to eat.

Childminder's signature: _____ Date: _____
Review date: _____