**![MC900057619[5]]()![MC900057619[5]]()Mucky Pups Pre-School**

**Healthy eating policy**

**Aim**

*We aim to promote an enjoyment of food as well as encouraging healthy eating and healthy life style choices. We believe that equipping children with the ability to make healthy choices at a young age will help equip them with the knowledge to do so later in their lives.*

*At Mucky Pups Pre-School, we believe that sharing and enjoying healthy food and drink is an important aspect of the wellbeing and development of children.*

We aim to do this by:

* Ensuring that all foods supplied by the setting are healthy, nutritious, avoid high levels of fat, sugar, salt colourings and preservatives.
* Involving the children, where possible with the planting, growing and preparation of food and drinks.
* Ensuring all children’s dietary needs are discussed with parents and fully understood before a child starts at the setting. This will include asking about allergies, dietary needs and religious requirements. (This is initially provided on the child’s registration form but will be discussed further with a member of staff should any specific needs be listed)
* Ensuring foods are planned in advance and a variety of foods are offered to children, including a good choice of fresh fruit or vegetables each day.
* A wide variety of foods will be offered to children including foods from a variety of cultures. This will give children the opportunity to try a variety of foods.
* Ensuring that children have access to fresh drinking water at all times and can access this as and when they need. We will also ensure that children are reminded of the importance of drinking plenty of fluids, especially in hot weather.
* The milk we provide for the children will be semi-skimmed and pasteurised.
* Encourage children to adopt hygienic routines regarding food and food preparation, for example, children are made aware of the importance of good hand washing prior to eating and cleaning up after meal times.
* Never forcing a child to eat anything they do not want to.
* Encouraging children where possible to at least try foods they are given.
* Sitting with children at snack times and discussing the types of foods we are eating and making meal times a sociable relaxed time.
* Having a clear and robust packed lunch policy and providing parents with information regarding lunchbox contents.

Date policy adopted on: 1st June 2020 Date for review: 1st June 2021

Signed: Position:Manager