

Springwell Child Care

Food and Nutrition Policy

- Weekly menu will be planned with children in advance and is available for parents to see.
- The menu will provide children with a varied and healthy diet.
- Children will be offered suitable foods, this will include children with special dietary requirements and allergies.
- Breakfast will be offered to early morning children who have not received it at home, in agreement with parents.
- Milk or water will be served with snacks.
- Water will be available at all times.
- Milk, water or diluted fresh fruit juice will be served at meal times.
- Children will be allowed to have second helpings of fruit or milk based desserts if available.
- Children will still receive dessert if they refuse their main course.
- Parents will be advised daily on their child's intake of food.
- Parents of children who are on special diets will be asked to provide as much written information as possible about suitable foods, and in some cases may be asked to provide the food themselves.
- Provider will sit with children while they eat and will provide a good role model for healthy eating.
- Withholding food will not be used as a form of punishment.
- Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.