

## HEALTHY EATING POLICY

Wingle-Tye will promote healthy eating at all times. Snacks will be provided which are nutritious. Milk and water will be provided. Snack times and lunch times will be treated as social experiences, where children can interact with each other and learn about each other's culture. Snack times will also be used to enhance learning through listening to music and/or using symbol cards to promote colours, numbers, shapes and healthy eating.

### Allergies and Intolerances

Individual dietary requirements are taken into account at all times. A notice is displayed in the snack area where dietary requirements whether due to allergies or cultural considerations are followed by all staff. It is important that the medical section on the Enrolment Form is completed.



### Packed Lunches

Parents/Carers please bear in mind:

- We advise you only to give children food they can easily manage.
- Don't give them more than they can eat.

A typical packed lunch could be:-

***Half a sandwich***

***Fruit juice in a carton or plastic bottle***

***and a selection of any the following:-***

***Half a packet of crisps (as it takes children a long time to eat a full packet)***

***One small pot of fruit or vegetables***

***One yogurt***

- Chocolate bars, sweets, nuts or fizzy drinks are not permitted.
- Staff will "ENCOURAGE" children to eat their lunch NOT "INSIST". Any food not eaten will be placed back into their packed lunch box. If you are concerned about how much your child is eating, please speak to a member of staff.
- Remember our children are given snacks during the morning and afternoon sessions.

Thank you for your co-operation.