**Nutrition**

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 or 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 welcome discussions about menus with parents and cater for children with different food allergies and cultural or religious requirements.

If you have any concerns regarding diet, menu or quantity please do not hesitate to discuss it with us.

We support parents in weaning babies and will work closely with the parents to ensure we do it in a way that everyone is content with. We have a blender and can easily make pureed dishes if required.

We do not permit children to have fizzy drinks, children are offered water, milk or fruit juices. We do not encourage children to eat treats on a regular basis however we do sometimes offer treats for special occasions.

Our weekly menu is pre-planned to provide a tasty, varied and nutritionally balanced diet. Weekly menus can be seen at request and there is an example on our website. All dairy products are full fat for children to gain the growth development they require.

Water is available at all times for children to help themselves to according to their ability.

The parents of children who are on special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the food themselves.

We offer advice sheets for parents about suitable foods to bring from home which can also be downloaded from our website.

Children will be educated on the importance of eating their food and we will support children in a fun way to eat sufficient portions and try new foods however if children don’t eat all their food, a note will be logged to keep track of the child’s eating and parents will be notified.

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