



## HEALTHY EATING POLICY

December 2025

Review: December 2026 (or when required)

### Statement:

Kidzproof Preschool offer the opportunity to provide children with a healthy and nutritious snack and we encourage parents/carers to do the same when preparing their child's lunch. We encourage children to be healthy and help them to make healthy choices. We ask that parents respect and encourage our school rules when it comes to being healthy. This includes providing a healthy lunch with no sweets, chocolate, chocolate based products or products containing nuts.

### Aim:

- To promote a healthy attitude towards food and to educate the children of the importance of a healthy diet. "The ages between one and four are a crucial time for learning good dietary habits that can lay the foundations for future good health". (BBC Health)

### Procedure:

- During all children's registration process parents/carers must inform us of any special dietary requirements, food allergies and any special health requirements whilst we are completing children's care plans. This information will be noted on each child's individual profile on the Family App and a visual photograph displayed of the child on the kitchen wall. We ask for parents/carers to update when any changes happen to their child's eating habits/allergies and a reminder form is sent out yearly regarding updating;

- Fresh drinking water is available and accessible to the children at all times; promoting independence;

- Drinks are brought into the garden during outside time and taken on outings;

Kidzproof offer two options for parents/carers to **opt in** Kidzproof to provide snack (consumables £2.50 per session) or **opt out** and parents/carers provide their child/children's snack but must keep within the promotion of Kidzproof healthy eating;

- Kidzproof provide a healthy snack of a variety of fresh fruit/vegetables and is accompanied by either toast, crumpets, cheese, yoghurts and crackers. Milk and water are also offered with snack;

- We ask parents/carers to provide a healthy substantial lunch; brought to Kidzproof inside a container that is marked clearly with their child's full name; they will need to include an ice pack ensuring their child's lunch is kept at the right temperature;

- Parents/carers are asked not to put sweets or chocolate based products into their child's packed lunch boxes. Any such products will be removed from the lunch box and sent back home;

- We encourage a water for life attitude therefore we ask parents not to include juice or squash in their child's water bottles. A small carton of juice is fine with a child's lunch. Children will be provided with fresh water throughout the day;

- If parents/carers wish to bring in sweets or chocolate for their child's birthday these items shall be sent home with each child;

If parents/carers wish to bring in birthday cakes; we ask that these are individually wrapped and sealed so the parents of the other children can see what the ingredients is in the cake;

- Children at Kidzproof Pre-School are educated on the importance of healthy eating. We have themes, topics and activities that can help promote a healthy attitude towards food. We have tasting days where children can try new foods and we provide a variety of fresh fruit;

- Where possible, we purchase organic products and we try to use local produce to help support the local community