Reviewed Jan 19

Healthy eating and healthy lifestyle policy

- Caterpillars actively encourage children to eat healthy in both setting and out of school facilities.
- We provide healthy snacks that are multicultural and take into account children's religions and allergy requirements.
- We provide parents with lots of information on healthy lunchboxes, snacks and advice, including out of school facilities.
- We provide good feedback to parents and carers.
- We encourage opportunities for parents/carers to come in and share lunchtimes with us.
- Caterpillars send out surveys to parents to see what foods they would like us to provide.
- Staff sit with children at snack and lunch times to promote communication.
- Children learn about keeping healthy through exercise.
- Healthy eating is discussed with children during daily conversations in the setting.
- Many of our staff hold relevant food safety certificate.
- Physical activities are encouraged throughout the day.
- Children's medical and dietary requirements are respected.
- Children have access to fresh drinking water throughout the day.
- We have a walking bus each day to school to encourage physical activities.
- We provide lots of outdoor opportunities in the outdoor space including yoga and forest school throughout the day
- We encourage all our children to cook and prepare snacks.
- We provide healthy lunches if parents require to purchase.

This policy was adopted at a meeting of the setting on (date)……

Signed on behalf of the setting……

colyton caterpillars