St Francis’ Nursery Healthy Eating Policy
Snack/Funds Policy

In St Francis’ Nursery Unit, we are committed to actively promoting healthy eating for all the children.

As eating habits are developed at a very early age, we have an important role to play in promoting healthy eating. We work in conjunction with “Boost Better Breaks” which supports healthy eating in schools.

The children are encouraged to eat a healthy and nutritious snack every day such as:

**Sandwiches** - Ham/cheese/tuna/banana/tomato/salad/chicken.

**Toast** - Ham/cheese/tuna/banana/tomato.

**Cream Crackers** – Flora/cheese/tomato.

**Plain Biscuits** – Digestives/Rich Tea/Hovis/Wholemeal.

**Fruit** – Apples/oranges/bananas/grapes/kiwi/melon/pears.

**Cereal** – Cornflakes/Rice Krispies/Ready Brek/ Weetabix.

**Yoghurts**

Semi-skimmed milk and water are served everyday. Warm milk and tea are served during the cold weather.

The children are also encouraged to taste foods from different parts of the world.

The children are encouraged to assist in the preparation of their food. They are encouraged to for example, spread their own flora on bread and biscuits, make their own sandwiches, pour their own cereal and milk, take lids off their own yoghurt pots, peel their own fruit. The children are encouraged to sit in a small family group situation and a member of staff sits with the children (especially during the first and second terms) to help develop a positive social attitude to meal times, by encouraging conversation and establishing good table manners.

Any cultural or medical dietary requirements of the children will be respected and catered for.

January 2019
Snack Money/Funds

Parents are asked to contribute £2 weekly towards snack and funds. Not only does this provide a nutritious snack daily, (which staff purchase and provide receipts for), but goes towards the cost of, for example:

- Photo\(^i\) processing
- Ingredients for play dough/cooking activities
- Bulbs, compost, seeds
- Replacing broken toys and equipment
- End of term parties
- New library books and covers
- Resources needed for ”Spontaneous Learning Activities”.

January 2019