



Preschool and Daycare

<http://www.buildingblockspreschool.co.uk>

'Where Play is a learning experience'



Building Blocks Preschool and Daycare: Healthy Eating policy

The preschool follows the recommendations of the nutrition matters for the early years: Guidance for feeding under-fives in the childcare setting (February 2013, issued by the Public Health Agency)

The setting provides good quality healthy nutritious food for children who attend the setting.

A healthy food policy is needed because of the increase in incidence of dental decay and chronic ill health. Introducing healthy food at a young age can promote positive change, because the diet we eat as children influences our diet as adults. By restricting the amount of fat, sugar, and salt in our diet we can help children stay healthy long into adulthood. Healthy food provides vital vitamins and minerals to help young bodies grow and develop. These vitamins and minerals are needed for teeth, bones, and muscle and for many other functions in the body.

Omitting sugary snacks between meals can help to avoid dental decay:

At Building Blocks preschool and daycare, children are given a variety of fruit, carrots, bread sticks, cheese, raisins, currants and sultanas as a choice for snack times. Milk or water is given with the snack. The meals are planned to ensure they are given all the nutrients they need for a healthy balanced diet.

Each of the nursery meals are provided fresh produce by a company who cater for early years settings. The appointed person will cater for all dietary needs and preferences, offering an alternative. There is also an option to provide a packed lunch at meal times, although no nut produce is allowed on site.