



## **Colyton Caterpillars Early Education**

### **Early Years Healthy Eating and Healthy Lifestyle Policy**

This policy was agreed by trustees/staff:	
Date of last review:	July 2024
Date of next review:	January 2025
Reviewed by:	K.Clode

- Caterpillars actively encourage children to eat healthy in both setting and out of nursery facilities.
- We provide healthy snacks 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.
- 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.

- We will help children to reduce the consumption of food containing sugar in our setting.
- Support children to be aware of good oral health.
- Work alongside our local dental nurse for activities and support.
- Work with parents to emphasize good oral health.
- Staff have received training from dental nurse.