

Allie's Angels Childminding

Food and Drink Policy

I provide a healthy balanced menu for the children in my care, this is vital for them to develop along with plenty of fresh air and regular exercise. I also believe in teaching children from a young age about healthy eating, making good food choices and understanding where their food comes from.

All my meals, snacks and drinks are healthy and balanced; I will also serve any food that you may wish to provide me with. I encourage children to choose healthy options and to experiment with food from different cultures. To make this fun we will make them together and try them together. I am happy to discuss menus with you if your child has any allergy/dietary requirements or cultural/religious requirements. If your child has any particular likes or dislikes please let me know. I will record what your child has eaten, the amount and time in their daily contact book.

I will provide breakfast, snacks and a hot meal at the end of the day but would ask for you to provide a packed lunch for your child. I would be grateful if this would consist of a sandwich or a wrap something the child could feed themselves (unless they're too young) and anything else that you would like preferably keeping healthy eating in mind. Thank you.

I do not permit children to have fizzy drinks; children will be offered milk, fruit juice or 'no added sugar' squash. Children will always have access to fresh water and have their own beaker/cup to help themselves.

I prefer not to let children eat sweets on a regular basis; however I may offer sweets for special occasions. But I like to teach children that healthy food can be a treat too, for example a few strawberries or a slice of sweet melon.

If you have any concerns with this policy please discuss them with me.