



## NURSERY HEALTHY EATING POLICY

**Name of organisation: Holbrook Primary school**  
**Date policy approved and adopted: 13/09/24**

**Signature:**  
**Date for review: 13/09/25**

We recognise the importance of healthy food and drink for young children, so aim to:

- provide a comfortable and appropriate environment for children's snacks.
- Always provide access to drinks.
- give children the opportunity for social interaction whilst eating and drinking.
- provide healthy, nutritionally balanced, snacks and drinks for the children in our care.
- encourage children to enjoy a varied food and drink intake, taking into account the differing cultural and religious needs
- supervise and educate children in expected behaviours at snack times.
- meet high standards of food hygiene and safety when preparing food and drink.
- encourage children to participate in growing, cooking and sharing food.
- promote the Healthy Start Scheme
- encourage parents to provide healthy packed lunches, when brought in from home.
- educate children in sustainability and waste reduction.
- lead by example and be positive, healthy role models for the children in our care.
- implement regular healthy eating promotional activities with parents and children.
- encourage and support mothers who breastfeed their child. We are committed to meeting the UNICEF Baby Friendly Standard