



**DROMORE NURSERY
SCHOOL**

Healthy Eating Policy

DROMORE NURSERY SCHOOL HEALTHY EATING POLICY

At Dromore Nursery School we aim to promote the all-round development of the child. This includes their health and dental care therefore we will promote Healthy Eating in our nursery.

SNACK

The children are provided with a daily snack:

A drink of milk or water

And

Something light to eat such as;

A piece of fruit,
Plain scone (which we
Bake with the
children)

Sandwiches,

Toast,

Muffin,

Crumpets,

Pancakes,

Crackers with low fat

Spread,

Cheese

Selection of vegetables

A small group of children will help "prepare" the snack each day along with a parent helper e.g. butter scones, toast, crackers etc.

Children **may not** bring their own snack to school. Exceptions will be made for children with particular religious or dietary needs such as coeliac, lactose intolerance or diabetic children. (this should be discussed and arranged with the Principal)

LIGHT LUNCH FOR PM SESSION

To avoid a grazing approach over lunch-time and in response to parental concerns in this matter. To support the local Private Day-care Providers. We offer a light lunch to the children in the afternoon session at a nominal cost of £7 per month. The children will engage with staff in the preparation of the lunches. They will consist of soup and crusty bread, stew and wheaten bread, savoury pasta, curry and rice etc. They will have milk or water to drink and daily access to a platter of fruit.

SCHOOL MEALS

School meals are provided for all children who attend on a full-time basis. They are supplied by Dromore High School Kitchen and are appetising, well balanced and of a high standard. The school meal consists of a hot main course followed by a fruit buffet. The children have water or milk to drink. The children will be gently encouraged to try a variety of foods but will not be forced to eat anything they do not want. We do not cater for individual "fads or fancies", but if a child has particular dietary or religious requirements or conditions relating to a medical condition such as

diabetes, coeliac disease, lactose intolerance their requirements will be met.

BIRTHDAY CAKES

When a child has a birthday during the school term, the parents may provide a cake so that their child can celebrate with his/her friends in school. Other sweets or treat foods will not be permitted at the time of a birthday.

