



## Saint Brendan's Nursery Class



### Healthy Eating Policy

*"Children and young people have access to a well-balanced and healthy diet, which takes account of ethnic, cultural and dietary requirements, including food allergies. Through the implementation of the 1140hr provision, children receive a nutritional, warm and healthy lunch."*

- St Brendan's Nursery will promote healthy eating in their displays, curricular areas and the daily snack routine and lunches
- Awareness days will be arranged and promoted in conjunction with other agencies and initiatives
- The nursery will adopt and arrange various new initiatives in line with healthy eating
- A snack list which reflects the healthy eating policy, will be available for parents to use as a guide for donations of snack items
- If your child has a food allergy please inform nursery staff and complete the necessary paperwork [NLC Special Diets Information](#)
- An up to date list of children with allergies/special diets is shared with all staff and kept within the nursery
- A list of the 14 allergens is displayed in the nursery
- Personal hygiene will be promoted and role modelled by staff
- Milk and water will be available every session
- A range of resources will be provided within the nursery to promote healthy eating
- Sugary snacks and treats will only be available on an occasional basis (e.g. celebrations, birthdays, special group times etc.)
- The healthy eating policy will be promoted across the curricular areas, with particular emphasis in the snack area. Child participation will always be encouraged.

Reviewed: June 2024

Reviewed: June 2025

Reviewed: June 2026

Review by: June 2027