

## Healthy Eating Policy

At Springboard Nursery we support and encourage healthy eating in children to promote a healthy lifestyle, exercise is also a key element in our healthy eating policy.

The nursery recognises the effects of drinking water, good nutrition, and exercise on the children's well-being and how important this is for development.

We strive to achieve a balance of providing meals that children will enjoy while also having the correct nutritional value. All the meals provided at Springboard Nursery are prepared and cooked fresh in-house daily.

### Mealtimes

**Breakfast:** Choice of sugar-free cereal  
Wholemeal toast  
Water or Milk

**Lunch:** Home-cooked hot meal/starter or dessert  
Fresh fruit or Yoghurt  
Water

**Snack:** Choice of various fruits and vegetables  
Water or Milk

**Tea:** Hot or cold snack served with vegetable sticks  
Fresh fruit or Yoghurt  
Water

All our meals are designed to minimise the use of sugar and other additives and we never add salt to any of our meals. We use a 3/4-week rolling menu system which is changed every 6 months to allow the children an experience of different food and tastes.

Each menu has a balance of all major food groups which include:

- **Dairy** - These are an excellent source of calcium, which is essential for strong and healthy bones.
- **Fruit** - Fruit provides vitamins, minerals, and fibre which helps the body stay healthy.
- **Grain (cereals)** - whole grain and high fibre are the best option. This helps with the digestive system.
- **Protein** - Lean meats and poultry, fish, eggs, tofu, and beans. The protein in these foods helps the body produce specialised chemicals such as haemoglobin and adrenalin. Protein also helps build, maintain, and repair tissues in our body.
- **Vegetables** - provide vitamins, minerals, and fibre which helps the body stay healthy.

To promote a healthy relationship with food we try to encourage appropriate portion sizes unique to the individual child.

This policy was implemented by Springboard Management Team: please note all policies and procedures will be reviewed on a yearly basis, unless there is a need to implement changes prior. Please note any updates and changes will be forwarded by email.

**Date:** 01.09.2023