



Treetops Nursery

Food and drink policy

A balanced diet is vital for children to develop healthily, along with fresh air and regular exercise.

We provide a healthy snack of fruit and/or raw vegetables for all our children mid-morning.

Children who are present during the afternoon session will need to bring a healthy packed lunch from home, which is usually eaten around 12:15pm.

In line with our local primary schools, when providing your child with a packed lunch, please do not include:

- Fizzy drinks
- Sweets/Solid Chocolate
- Nuts (Including Pine Nuts)

If these items are included in lunch boxes your child will not be allowed to eat them and they will be sent home with a no thank you sticker attached to the item as a reminder.

Children will need to bring a named water bottle to each session and they will have access to this throughout the day. Milk is also served during snack times.

We always eat together at the table as this is great for the children's social development and we encourage the children to have good table manners. A member of staff will always be on hand to assist your child during lunch and snack time. Staff often eat with the children at lunchtime to model good practice and behaviour.

Please let us know if your child has any allergies or cultural / religious food requirements. We will then ask you to complete a care plan so we can understand and meet your child's individual needs.

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