**MEALTIME POLICY**

I strive to provide healthy nutritious meals and snacks for your child most of which I prepare and cook myself. Fruit is provided daily and children are encouraged to eat vegetables or at least try them. Children are also encouraged to try different foods they may not usually eat at home, these could involve foods from other cultures of just foods that are not in season for long periods.

I will find out from you when your child takes a place with me, what foods they like or dislike and will not prepare foods I know they do not like.

Please take into account that you are paying me to provide care for your child and this includes ensuring they have something to eat during the day. It is important that young children have snacks during the day to maintain their energy levels and concentration, and to avoid being hungry and upset. This said I will not permit children to snack on unhealthy foods during the day just because they refuse to eat healthy ones. When children are taught the importance of a healthy diet and encouraged to eat healthy they will learn how to implement this in later life.

If a child does not wish to finish a meal provided (that it is known they like) Just because they would prefer something different, then this is fine but no substitute or deserts will be offered.

All children are expected to sit at the table or in high chairs at meal times but will not be forced to eat a meal if they do not wish to (although they will be encouraged).

It is important for everyone that children are seated during mealtimes so that every child can enjoy their meal without the distraction of others running around playing, I am sure you can understand even the best of eaters can be put off at mealtimes if there is a more exiting activity going on.

**Please encourage your child to do this at home**

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