

## Home-Grown in Malvern Healthy Eating Policy

At Home-Grown we are aware that encouraging healthy eating practices in children can sometimes be a little tricky. We have many years experience in providing meals and snacks to children, combined with training by the School Food Trust and by and large, we know what works! If your child is a 'picky' eater, please let us know and we will work with you to try to encourage and develop those good eating habits that will support children to become healthy adults.

We use menus taken from 'Eat Better Start Better' alongside some of our old favourites and, by request, we can give these to you to use at home.

A morning snack is served at 10.00am and often consists of biscuits such as an oatcake, bread stick, rice cake or digestive with fruit (fresh or dried), carrot sticks and/or cucumber.

Lunch is served at 12.00 noon (please see separate sheet for meals). There is always a main course, fresh fruit and yoghurt or cake.

Afternoon snack is served at 3.00pm and usually consists of sandwiches or toast, muffins or toasted teacakes with fruit, malt loaf or home-made cake.

Very young children who are with us until after 5.00pm are usually offered an additional snack around 4.30pm.

Water is offered at every meal and snack time and is freely available throughout the day.

Signed:

Date Reviewed: