



## Healthy Lifestyles

Little Eagles are committed to meeting the EYFS Welfare Requirements and responding to the individual needs of children that attend. We get initial information through the comprehensive admissions form for your child's individual dietary needs, any allergies or intolerances, with consideration of cultural or religious requirements.

For snacks, we provide a range of different healthy foods types and learn about 'savoury, then sweet'. By trying lots of different things throughout the year we hope to add to the taste experiences that your child enjoys. Also, these 'together times' are important to support social skills where children feel comfortable, staff participate and independence is encouraged. For example, we encourage children to spread and pour and use utensils on their own.



The only food that we ask that you bring is a packed lunch should your child be attending a session from 12-3pm. We do ask that these offer a balanced plate of healthy foods that your child enjoys. It is best not to use the packed lunch as a time to try something new unless it has been discussed with your child's key worker for a specific reason. We will encourage your child to eat what is provided and send back anything not eaten so that you can keep a close eye on food intake.

Hot meals can be ordered via Good Lookin' Cookin' at a daily cost of £2.30. These are nutritious, tasty meals cooked at their purpose built catering kitchen and follow a menu cycle which is changed seasonally. This can be completed via their website and paid for directly with them - the company offer flexibility too should you need to cancel an order by 9am on the day.



Snacks are prepared in our kitchen by staff who hold Food Hygiene certificates for food and drink preparation. Staff ensure the correct storage of food and maintenance of food and drink preparations areas and equipment. Whilst we may invite the children to help with clearing the table or even washing up, this is always repeated to ensure high levels of cleanliness are maintained.

Our setting holds the required environmental health certificate, rating us as 5 star.

### Timings:

- Morning Snack – 10am
- Lunch time – 12 midday
- Afternoon Snack – 2pm

Fresh drinking water is accessible throughout the day for children to be involved in pouring and drinking from a cup to help develop these physical skills.

