

FOOD AND NUTRITION AT WESTVIEW PLAYGROUP

Parents need to know

EVERYDAY HEALTHY EATING

- We support children to eat healthy diet
- Fruit and Veg (e.g. apples, carrot sticks, tomatoes)
- Starchy Foods (rice, pasta, wrap, crackers, bread)
- Protein (chicken, eggs, beans, hummus)
- Dairy/ Alternatives (yoghurt, milk, cheese)
- Drinks: water and milk only
- Snacks: we provide healthy foods (fruit, veg, toast, breadsticks, crackers, hummus, yoghurt)

PACKED LUNCHES

Please include food from the 4 groups above.

Avoid sending in sweets, chocolate bars, fizzy drinks, squash, crisps, salty snacks.

Chocking risks (whole grapes, cherry tomatoes which are not cut, small cocktail sausages, popcorn).

!!! If we have concerns about a lunchbox, we will discuss privately with you, never in front of your child.

BIRTHDAY AND CELEBRATIONS

- We celebrate birthdays with songs, games and fun activities
- To support healthy eating, we ask families not to send cakes, sweets, or party bags
- Instead, families are welcome to bring; bubbles, stickers, ballons, pencils, party hats, a favourite song to play
- We also celebrate and respect cultural food traditions, where safe and appropriate

ALLERGIES AND SPECIAL DIETS

- Please tell us about any food allergies or dietary needs
- We display allergy info for staff and keep food prep areas safe
- Staff are trained to manage allergies safely.

OUR PROMISE

- **Mealtimes are social and enjoyable**
- **We never pressure children to eat**
- **We aim to build healthy habits for lunch**

TOGETHER, WE CAN HELP CHILDREN DEVELOP HEALTHY EATING.