



HEALTHY EATING POLICY AND PROCEDURES

Created July 2019 by CSHUGHES

We are committed to reviewing our policy and good practice annually.

Reviewed by CSH : [Aug2020](#), [Aug2021](#), [Aug 2022](#) [Aug 2023](#) [Aug2024](#) [Aug25](#) [Aug26](#) CSH

Ensuring that our learners' needs are met, including food and drink, is integral to what we believe at Woodland Nurture.

To keep our learners warm in the cooler months, we will generally offer warm drinks whilst water is made available at all times.

We believe the benefits of a range of tasty snacks helps to bring the learners together as a community, providing them with a burst of energy during a prolonged period outside with the added benefit of learning how to cook something basic on an open fire.

We are mindful of meeting all dietary requirements including food allergies, vegetarian, vegan and halal and request this information upon registration.

Other ways we encourage a healthy lifestyle and promote healthy eating include:

- 🌿 We promote healthy food through discussion
- 🌿 We teach about foraging for food in nature
- 🌿 We teach about growing our own food in our own garden including the planting, nurturing, harvesting and cooking of vegetables and fruit.
- 🌿 We encourage the drinking of water throughout the session
- 🌿 We ask that the lunch provided by parents/carers is healthy and nutritious.
- 🌿 We model healthy eating through our own food choices