



Oaklands Nursery & Childcare

HEALTHY EATING

Oaklands Childcare aims to support parents and children in improving their general and dental health and raise awareness of healthy diets.

Oaklands Childcare promotes the types of foods and drinks which are best for the general health of the children and which are less likely to cause tooth decay.

Children are offered either milk or water to drink and snacks are fresh fruit, vegetables, dried fruit or bread sticks.

Water is always available.

Those bringing packed lunches to the lunch club are encouraged to bring healthy food.

When a child in the group brings birthday treats for the group/class we encourage parents to provide healthy treats such as fruit or bread sticks.

Healthy food is provided at Christmas or end of term parties and food for baking or cooking sessions is chosen to promote healthy eating.

Children are made aware of the importance of eating good foods as part of the planned topics each term.