



11. Healthy Eating Policy & Procedure

11.1 Statement

Wyke Community and Children's Centre aims to promote healthy eating and healthy lifestyles and where food is provided is will be healthy, balanced, varied and nutritious.

11.2 Implementation & Procedure

To ensure that we are promoting healthy eating we will ensure that:

- Fresh drinking water is available at all times.
- We promote hand washing prior to food and drinks being served.
- Appropriate equipment and utensils are used.
- We provide healthy snacks and drinks where appropriate in all of our activities.
- We provide for and encourage children's healthy choices.
- We promote children, parents/carers and employees being seated for snacks and meals to role model positive social skills for children at mealtimes.
- All appropriate employees have a Basic Food Hygiene certificate.
- Information is available that promotes health and fitness.

11.3 Roles and Responsibilities

All employees have a responsibility for ensuring we promote healthy eating and healthy lifestyles.