



Healthy Eating at Our Nursery

"Eat of the good things which We have provided for you." (Qur'an 2:172)

Why Healthy Eating Matters

We follow the Early Years Foundation Stage (EYFS) nutrition guidance to make sure all children receive balanced and nutritious meals. Healthy eating helps children to:

- Grow strong and healthy
- Focus and concentrate in learning
- Develop good lifelong eating habits



Lunchboxes – What is Acceptable

✓ Acceptable items:

- **Fruit & Vegetables:** apple slices, grapes (cut in half), cucumber sticks, carrot sticks, berries
- **Grains & Carbohydrates:** roti, wholemeal bread, wraps, pasta, rice, couscous
- **Proteins:** chicken, turkey, fish, eggs, beans, lentils, hummus, cheese
- **Dairy:** yoghurt, cheese slices, milk
- **Drinks:** water (preferred) or plain milk

✗ Not acceptable:

- Sweets, chocolate, cakes, pastries, or biscuits high in sugar
- Crisps and fried snacks
- Fizzy drinks, fruit shoots, juice cartons, or energy drinks
- Nuts and whole grapes (choking hazard)



Nursery Snacks

- A **healthy daily snack** is provided for all children.
- Typical snacks include fresh fruit, vegetable sticks, toast, crackers, or breadsticks.
- To help cover costs, we kindly ask parents to contribute **£1 per week**.
- Drinks provided will always be **fresh drinking water** or milk.



How Parents Can Support

- Please send a **balanced lunchbox** following this guidance.
- Avoid including food or drinks from the "not acceptable" list.
- Encourage children to drink water throughout the day.
- Let us know about any allergies, dietary needs, or medical conditions.

✍ Together, we can build healthy eating habits that last a lifetime.