



Happylands Nursery

Healthy Eating and Hydration Policy

Effective Date: _____ Review Date: _____

Policy Statement

Happylands Nursery follows the EYFS Statutory Framework and promotes healthy eating and hydration as essential parts of children's health, wellbeing, development and learning. We provide nutritious meals, snacks and drinks that support growth and lifelong healthy habits.

Purpose

To promote healthy eating, hydration, wellbeing and healthy lifestyle choices while meeting individual dietary, cultural and medical needs.

Healthy Eating Principles

We follow the NHS Eatwell Guide and provide a balanced variety of foods including fruit and vegetables, starchy foods, proteins, dairy foods and healthy oils. Children are encouraged to try new foods and enjoy positive mealtimes.

Healthy Snacks

Healthy snacks may include fresh fruit, vegetables, wholegrain crackers, toast, yoghurt and cheese. Foods high in sugar, salt and saturated fat are limited.

Drinking Water and Hydration

Fresh drinking water is available and independently accessible to all children at all times. Children do not need permission to access water. Water is available indoors and outdoors and children are encouraged to drink regularly.

Supporting Babies and Younger Children

Babies and younger children are proactively offered water throughout the day. Staff monitor hydration and ensure children unable to independently access water are supported.

Approved Drinks

The nursery provides fresh drinking water and plain milk. Sugary drinks, fizzy drinks, flavoured drinks and energy drinks are not routinely provided.

Mealtime Environment

Staff promote positive conversations about food, support independence, encourage healthy choices and never force children to eat.

Learning About Healthy Eating

Children learn about healthy lifestyles through cooking, gardening, food tasting activities, exploring the Eatwell Guide and learning the benefits of drinking water.

Our Commitment

We are committed to providing healthy snacks and drinks throughout the day, making water available all day every day, supporting independence and working with families so children can grow, thrive and flourish.