**Healthy Eating Policy**

Young children are learning at all times, partly from what we tell them, partly from the things they see happening around them. What they learn in these early years can influence them throughout their lives. This makes the Pre-School period an ideal opportunity to teach them to enjoy a healthy diet.

There are so many short term benefits to eating well. Children do not become ill so often, they feel better and have a better attention span. Cutting down how often they eat or drink foods containing sugar will also improve their dental health. In the long term children who grow up eating healthier foods can expect to live longer and healthier lives.

The Jack-in-the-Box healthy eating policy is;

* All snacks shall be savoury, fruit or sugar free.
* The only drinks to be offered will be milk or water.
* Parents are requested not to bring sweets into Pre-School at all.
* Birthday treats may include only fresh fruit or non edible treats such as colouring crayons

For any more information please ask to see the Guide to Healthy Snacks.