

## "The Westgate Healthy Eating Promise"

We promise that if your child has a lunchtime meal with us, this will contain a minimum of 3 of their required five portions of fruit and/or vegetables.\*

We promise that if your child has snack, a lunchtime meal and tea with us, this will contain a minimum of 5 portions of fruit and/or vegetables.\*

We promise that we will provide a wide variety of fruit and vegetables, which will, wherever possible, be fresh, locally sourced and relative to the season. A small amount of the produce used is grown on site, with a helping hand from the children themselves!

We promise that your child's food will be freshly prepared, on the premises, each day.

We promise that we will involve your child in the preparation of certain dishes to promote healthy eating attitudes and to support their learning and development.

We promise we will continue to keep you, the parents and carers, informed of not only what your child has been offered to eat but also provide details of how well they have eaten.

*\*Please note whilst it is Nursery policy to encourage children to eat all of their meal and to promote an attitude whereby all elements of their meal are at least "sampled", under no circumstances is this obligatory.*