



Peter's Patch  
Forest School - Day Care - After School Club

## Healthy Eating

At Peter's Patch we believe children should be encouraged to develop healthy choices. Our cook is fully qualified and experienced in preparing wholesome, nutritious meals for young children.

Our menus are healthy and well-balanced to meet the nutritional needs of children.

The weekly menu is sent home to all parents and reflects a diversity of cultures, enhancing children's experiences of the wider world. All the meals we offer are free from artificial colourings and additives and fresh fruit and vegetables are served every day.

All our food is supplied and delivered by Tesco's with exception of fresh fruit and vegetables. These are farm produce, locally supplied and delivered twice weekly.

We cater for special diets and have extensive experience of caring for children who are lactose intolerant, coeliac and those with nut allergies.



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Our cook is a vital member of the Nursery Team and has a major role in contributing to our focus on healthy eating.

Mealtimes are also an important social time for the children to share the enjoyment of food and we look to maximise these opportunities by involving the children in cooking and preparing food such as home baked bread and mini pizzas for tea.

All meals are homemade and so meet our healthy eating policies of no artificial additives or colourings, no added sugar or salt.

At Peter's Patch the children will have the opportunity to grow vegetables and fruit in our garden patch.

Children will be learning about growing and where food comes from. This will be an enjoyable experience for all, and the children will feel a sense of pride when they see it cooked and get to taste it.

Many of our parents will request recipes of their child's favourite meals at nursery which are always available from the nursery cook or manager.

Updated: November 2024