



## **Food and Drink at Little Hearts Preschool Cranleigh**

At Little Hearts Preschool Cranleigh, we take great care in managing all aspects of food and drink to ensure the health, safety, and well-being of every child. Our approach to meals and snacks is designed to create a positive, nutritious, and safe dining experience for the children in our care:

- Proper Food Storage:

All food and drink are stored under strict conditions to maintain freshness and prevent contamination. Whether it's breakfast, lunch, or snacks, we ensure that all items are kept in appropriate, safe environments, preserving their quality and safety for consumption.

- Healthy Eating Promotion:

We are committed to actively promoting healthy eating habits both within our preschool and in the wider community. Our meal plans, including breakfast, lunch, and snacks, are carefully crafted to provide balanced nutrition that supports the growth and development of young children. We also work closely with parents and caregivers to encourage these healthy habits at home, helping to instill lifelong positive eating behaviors.

- Supervised Meal and Snack Times:

All meal times, including breakfast, lunch, and snack times, are closely supervised by our dedicated staff. This supervision ensures that children are eating safely, following good table manners, and enjoying their food in a structured and supportive environment. Staff also use these opportunities to teach children about portion control and making healthy food choices.

- Fresh Drinking Water Availability:

We understand the critical importance of hydration for young children. Fresh drinking water is readily available to all children throughout the day, ensuring they stay hydrated during their time at preschool. Our staff encourage regular water intake and assist children as needed to ensure they remain well-hydrated.

By integrating these food and drink practices into our daily routine, we ensure that Little Hearts Preschool Cranleigh provides a healthy, safe, and nurturing dining environment. Our focus on proper food storage, the promotion of healthy eating, and the supervision of meals reflects our dedication to supporting the overall well-being and development of every child in our care.

---

Updated 10 Aug 2024

