Planting the seeds of early education since 1990

wcfnp@btconnect.com

**Healthy eating policy**

Wavertree Christian Fellowship nursery and pre-school will endeavour to provide healthy and nutritious snacks during the session.

These will include;

Assorted Fruit and Vegetables (available every day)

Bread including toast/ Crackers/Cheese

Cereals

Milk and water.

Fruit and vegetables are available throughout the session

Lunch boxes should not contain chocolate or sweets

No food can be re-heated

Please make sure that staff are made aware of any food allergies your child has.

Please encourage your child to brush their teeth before breakfast and before bedtime

**This policy is reviewed annually by Wavertree Christian Fellowship Nursery and Pre-school.**