



## 10. Healthy Eating

This policy was adopted by *Wigod Way Wallingford Family Centre* on January 2023.

### Introduction

Good health is vital and healthy eating, being one of the main contributors to this, can influence physical, social and mental well-being of children and adults.

### Aims

Wigod Way Wallingford Family Centre (WWWFC) regards healthy eating as being very important and one of the functions of WWWFC is to encourage healthy eating.

This will be achieved by:

- Providing water to drink during sessions (or milk if available)
- Providing a variety of healthy snacks- fruit/toast/proteins and encouraging children to sit at the table and try new foods.
- Displaying information about healthy eating and diet.
- Working in conjunction with the health visitor to promote breast feeding, appropriate foods during weaning and long term healthy diets.