



Rickmansworth Children's Centre

Healthy Eating Policy (February 2010)

Rickmansworth Children's Centre is committed to encouraging parents and carers to giving their children the best, healthiest start in life.

We achieve this by acting as positive role models when around parents/carers and children, providing healthy drinks such as fruit juices and water, not allowing hot drinks when in the presence of children, and by discouraging the eating of unhealthy snacks, whilst on Children's Centre premises.

We provide information on breast feeding and weaning, as well as providing recipes for encouraging healthy eating.

The Children's Centre offers healthy eating and lifestyle courses whenever possible, to all Centre users.