

# The Lyme Nursery

## Birthday Policy

The Nursery promotes a Healthy Eating Policy which is backed up by our Nurturing Health Award. It is our preference that parents help to support our healthy eating approach even on special occasions such as birthdays.

The Nursery always ensures that children celebrate birthdays; we organise a special teatime celebration and each child goes home with a birthday card and healthy option party bag (no sweets). Parents are asked to support our Nurturing Health Award by bringing in alternatives to cakes and treats perhaps a pineapple, seedless grapes, mangoes or a punnet of strawberries.

Children occasionally develop allergies to certain ingredients in confectionary and there is an awareness in the media about the amount of sugar, food dyes, hydrogenated fats and additives in commercially processed products including cakes. Children often have a birthday cake at home where parents can then ensure the suitability of the ingredients for their own child's dietary needs.

Parents are also asked to further support our birthday policy by not bringing in sweets, chocolates and lollipops for children to take home. We are not trying to cut out the fun of birthdays, parents are very welcome to bring in alternatives e.g. stickers for the children to wear on their clothing to take home, children usually adore stickers and are very proud to show them off.

I hope that you will support the Nursery to encourage a healthy diet option for all of our children.