



Peter's Patch
Forest School - Day Care - After School Club

Healthy Eating

At Peter's Patch we believe children should be encouraged to develop healthy choices. Our cook Susanne is fully qualified and has Thirteen year's experience working within Peter's Patch preparing wholesome, nutritious meals for young children. Our cook is a vital member of the Nursery Team and has a major role in contributing to our focus on healthy eating.

Our menus are healthy and well-balanced to meet the nutritional needs of children.

The weekly menus are sent home to all parents upon registration and reflects a diversity of cultures, enhancing children's experiences of the wider world. The majority of the meals we offer are free from artificial colourings and additives and fresh fruit and vegetables are served every day. Should there be a change to the menu parents are sent out an updated copy.



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All our food is supplied and delivered by Tesco's, Sainsbury's and Asda with the exception of potatoes and vegetables. These are farm produce, locally supplied by Carnreagh Cottage farm, Hillsborough. Our dinners in the evening are all homemade by Susanne also. These are included for children up until school age.

We cater for special diets as far as possible and have extensive experience of caring for children who are lactose intolerant, coeliac and those with nut allergies.

We encourage the children to stay hydrated during the day with water available at all times as well as mealtimes. At breakfast time they have the choice of milk also.



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Mealtimes are also an important social time for the children to share the enjoyment of food and we look to maximise these opportunities by involving the children in cooking and preparing food such as home baked bread and mini pizzas for tea. Most meals are homemade and so meet our healthy eating policies of no artificial additives or colourings, no added sugar or salt.

At Peter's Patch the children will have the opportunity to grow vegetables and fruit in our garden patch with Kathy. Children will be learning about growing and where food comes from. This will be an enjoyable experience for all, and the children will feel a sense of pride when they see it cooked and get to taste it.

Many of our parents will request recipes of their child's favourite meals at nursery which are always available from the nursery cook or manager.