



## Breakfast Policy

***Breakfast literally means ‘breaking the fast’, and as this could mean a period of up to 16 hours it is important to consider carefully what will be satisfying and appropriate.***

The government has a wide ranging strategy to improve educational standards and to increase childcare opportunities for working parents. By offering breakfast we can help to support this strategy as follows:

Round and Round the Gardens Childcare will endeavour to provide a healthy and nutritious breakfast for those children attending from 8am; while providing choice. Eating a healthy balanced diet is crucial to everyone’s health needs, especially for children.

In some studies, eating breakfast has shown to improve children’s problem solving abilities, memory concentration, visual perception and creativity.

It has also been suggested that breakfast is the most important meal of the day. Breakfast provides children with the ideal opportunity to begin the day by eating cereals, breads, and fruits. Many surveys have shown that children do not eat enough fruit and vegetables and therefore, Round and Round the Gardens Childcare hope to address this by encouraging and giving our children the opportunity to eat more fruit at this time.

Breakfast will contain a range of tasty foods that are high in carbohydrate for a sustained release of energy. They will also provide a good source of essential vitamins and minerals. The choices will consist of the following:

Multigrain cereals and milk (warm milk in the winter) – those with a high sugar or salt content will not be included e.g. Coco Pops, Frosties

Toast served with a choice of butter, jams, honey, marmite

Toast may be substituted for:

English Muffins

Fruit scones

Bagels

Croissants

Crumpets

Selection of fruit

Milk and Water

Breakfast will be provided in an area specifically allocated within the Dragonflies Classroom between 8.00am and 8.30am each day. Unfortunately any child arriving at 8.30am or after will not be able to have breakfast.

The Breakfast period will be operated by our current staff members from all classrooms.

Dated: December 2017

Review: December 2018