



Earith Preschool
School Road
Earith
Huntingdon, Cambs
PE28 3QB

01487 841478/ earithpreschool7@aol.com

Dear Parents and Carers,

Re: Supporting Healthy Eating in Our Preschool

At Earith preschool we are committed to promoting the health and well-being of all our children. As part of this commitment, we are continuing to focus on healthy eating habits and encouraging positive food choices that support children's growth, learning, and overall development.

We know that healthy eating in the early years lays the foundation for lifelong well-being, and we deeply appreciate your support in working together to provide nutritious options for your child.

What's Changing?

In the coming weeks, we will be introducing healthy alternatives during snack times. This may include:

- Fresh fruits and vegetables
- Whole grain options (e.g. wholemeal bread or crackers)
- Dairy or plant-based options low in sugar and salt
- Water and milk as the main drinks throughout the day



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How You Can Help

- Please avoid sending in foods high in sugar, salt, or processed ingredients for packed lunches. These include crisps, chocolate bars or cakes
- Include fruits, vegetables, and water in your child's lunchbox when applicable.
- Let us know of any dietary restrictions or allergies so we can ensure every child is catered for safely.
- Join us in talking to your child positively about trying new, healthy foods!
- We will no longer accept birthday cakes or sweets. We will continue to celebrate children's birthdays with songs, birthday cards and stickers etc. If you would like to send something in, please consider something like a book to share at preschool, bubbles, stickers or a fruit platter.
- Here are some healthy alternatives that you could consider adding to your child's lunch box:
 - Low sugar fromage fraiss, yogurt, jelly, custard, rice pudding
 - Malt loaf, fruit loaf, tea cakes, scotch pancakes, crumpets,
 - Wholemeal or seeded bread or toast with low fat spread
 - Crackers with low fat cheese/cheese spread, bagel and sliced bananas
 - Fresh or tinned fruit in juice, not syrup.
 - Plain popcorn, rice cakes, cheddars
 - Chopped veg and hummus
 - No added sugar squash or water with added sliced fruit

The link below can provide lots more inspiration for making healthy swaps

[Healthier food swaps - Food facts - Healthier Families - NHS](#)



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We understand that change can take time, especially when it comes to food preferences. Our team will work gently and supportively with the children to explore new tastes and textures through fun and engaging activities.

If you have any questions, concerns, or suggestions, please don't hesitate to speak with a member of staff or contact us directly. We value your partnership and look forward to working together to nurture happy, healthy children.

Warm regards,

[Your Name]

[Your Position, e.g. Preschool Manager]

[Preschool Name]