

Healthy Eating Policy

(Including nut allergy policy)

At Pre-school, we regard snack and meal times as an important part of the children's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. To help us comply with recent government initiatives and the general wellbeing of our children, we have decided to set down our own guidelines.

- At snack times, we aim to provide healthy and nutritious food, which meets the children's individual dietary needs.
- We provide hot fresh home-cooked lunches and puddings. We aim to ensure that the lunch options provided comply with our healthy eating guidelines. A vegetarian option can be made available if parents request it. Menus are shown on the planning board.
- Children attending the lunchtime session and not ordering a cooked lunch are expected to bring a balanced packed lunch with them.

Procedures

We follow the procedures below to promote healthy eating at Pre-school

- Before a child starts Pre-school, we find out children's dietary needs, including any allergies, which we record in each child's registration record and parents sign the record. We also ask parents to advise us of changes to their children's dietary needs - including allergies.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We aim to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. We ask parents not to provide packed lunches that include nuts or nut products (e.g. snack bars, peanut butter, pesto) to avoid exposure to nuts in another child's lunch

- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures. We help them to develop the social and feeding skills relating to mealtimes.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day.
- We inform parents of our policy on healthy eating.

Snack time

Drinks and snacks provided by Pre-school will be of low salt, sugar and low fat content where possible. Breakfast will be toast with low fat margarine and a choice of marmite, jam or honey, a selection of fruit with either milk or water to drink - children to make their own choice. Afternoon snack will include a piece of fresh fruit, vegetable or cheese, with a carbohydrate accompaniment such as pitta bread or bread sticks. A choice of milk or water is supplied to drink.

Lunch boxes

We are not allowed to warm up children's food, but you may send in a flask which we will help the children pour into a bowl. We will provide water or milk for children to drink with their lunch. You may provide fruit juices or squash. Please no chocolate at all this includes yogurts, biscuits or any kind of sweets save these for pick up time or home.

- Suggestions for lunch sandwiches: small, and with children's favourite fillings - if they won't eat them at home they won't eat them at Pre-school:

- Yoghurts children size please;
- Small amount of crisps one normal packet could last all week;
- Fresh fruit, apples we will chop up, oranges we will peel;
- Other suggestions: dried fruit, cold meats, pasta salads, rice salads, sausage rolls, humus or other dips, cold sausages, jellies, homemade plain cakes, jam tarts, plain biscuits, tinned fruit. We have a fridge and are happy to store any items which need refrigerating but please label with name and keep the packaging small, ensure all foods are within eat by date will not allow children to eat out dated foods. Please **no nuts** at all: we do have children with intolerances.

Exceptions will be made for any child with dietary issues or allergies please discuss with Manager.

Cooking and special occasions

Special celebrations and festivals such as Pancake Day, Diwali, Chinese New Year or sensory tasting activities in line with current themes may allow for small amounts to be tasted. Cooking activities will be a mixture of healthy or treats which we will use to discuss and then send home for you to decide if your children are allowed to eat them.

This Policy has been agreed by the Woodcote Pre-School Committee	
Signed by Manager of Pre-School:	
Signed on behalf of the Management Committee (role of signatory):	
This Policy was reviewed/reprinted on: 08/08/2017	