**Healthy Eating Policy (including Lunch/Snack and Allergy)**

At Emmer Green Pre-school we regard snack and lunch as an important part of the children’s day. Eating represents a social time at Emmer Green Pre-school for children and adults and helps children learn about healthy eating.

We offer a lunch club at each session at 11.30am till 12.30pm which is supervised by staff who have a Level 3 and Food and Hygiene qualification. At the start of lunch club all children use the toilet and wash their hands. Children then find their lunch boxes and water bottles and sit down at the table with a member of staff.

Before a child starts at Emmer Green Pre-school, we find out children’s dietary needs including any allergies which we record on the register. We always ask Parent/Carers to update us on any changes.

At Emmer Green Pre-school we are a nut free environment, we ask Parents/Carers not to provide anything containing nuts (eg: snack bars and peanut butter).

* In order to protect children with food allergies, we discourage children from sharing and swapping their food with each other.
* We talk to Parents/Carers to obtain information about dietary rules of their religious groups to which children and their parents belong and of vegetarians and vegans.

**Snack time**

Snacks are provided by the Parent/Carers. We ask for healthy snacks eg. Fruit, vegetable sticks – carrots, cucumber, peppers, celery and tomatoes cut, bread sticks, raisins, cheese and rice cakes. Fruit/vegetables should be cut and ready in a container. Grapes and tomatoes should be cut in half and blueberries depending on size.

**Lunch Boxes**

At Emmer Green Pre-school we are not allowed to warm up children’s food, but you may put food in a flask which will help the children pour into a bowl.

Sandwiches with children’s favourite fillings (if they won’t eat them at home they won’t eat them at Pre-school).

Please ensure all food are within the ‘eat by dates’. We will not allow children to eat out of date foods and food needs to be thoroughly cooked.

Drink bottles should only be filled with water.

**Cooking and Special Occasions**

Special celebrations and festivals such as Pancake Day, Diwali, Chinese New Year or sensory tasting activities in line with current topics. All cooking activities will be a mixture of healthy cooking or treats which will be sent home for you to decide if you child is allowed to eat it.

Choking

Choking can happen with any foods but firm foods, bones and small round food that can easily get stuck in the throat present a higher risk. Think about the size, shape and texture of food. Cut food into batons. Cut in half grapes and tomatoes and blueberries if large.

**Snack Ideas**

Pieces of fruit eg: Apple, Banana, Grapes, Pear, Satsumas

Bread sticks

Cheese and Crackers

Rice Cakes (not sweet ones)

Carrot sticks

Cucumber

Celery

Peppers

**Lunch Ideas**

Sandwiches with a filling that they like

Pasta

Eggs

Sausages

Chicken/Rice

Hummus

Carrot Sticks

Fruit

Yoghurt

Dried Fruit

Few Crisps

Treat – 1 cake, 1 chocolate bar, 1 biscuit