Healthy Eating Policy (including nut allergy policy)

**Food, Drink and Healthy Eating Policy**

Emmer Green Pre-school regards snack and lunch club as an important part of the Settings Day.

Snack and lunch times are Social opportunities for children to help to develop appropriate table manners and promote healthy life styles and wellbeing**. WE HAVE A** **STRICT NO NUTS POLICY**, and no nuts are put into lunch boxes or used within the Setting. No peanut butter, or Nutella can be used in sandwiches.

Snacks for children must be healthy balanced and nutritious, following the guidance set out in “Eat better, start better”. They should be nutritious, avoiding large quantities of saturated fat, sugar, salt, artificial additives, preservatives and colourings.

Emmer Green Pre-school must obtain information about children’s special dietary requirements, cultural needs and food allergies before starting Pre-school.

All children bring a named bottle with water in it (the Pre-school will fill with fresh water throughout the session).

Parents/Carers bring a piece of fruit/vegetable, breadsticks or cheese for each session, this is then washed cut and shared onto plates.

Staff will always sit with children at snack time whilst they eat and drink.

Snacks are provided in a morning sessions at 10am and we all sit together at tables. The afternoon session is a free flow snack which is available from 1.15 to 1.45pm. We provide water and milk at snack time.

**Packed Lunches**

We promote Healthy eating food and drinks the the packed lunch through

* Home Visits
* Newsletters
* Policies

Lunch time is 11.30am till 12.30pm.

All packed lunches must have a cool pack inside, this is due to Emmer Green Pre-school not having the facilities to provide refrigeration. Please label with child’s name clearly.

There is no need for drinks to be included in lunchboxes as children use their water bottles.

We will always take into account the eating practices of children’s cultures.

Michelle will carry out lunch box audits regularly to ensure Parents/Carers are providing healthy and nutritious foods.

Where there may be concerns over a child’s food/nutrition intake and/or content of packed lunches this will be dealt with timely and sensitively.

We actively discourage packed lunches where contents consist largely of crisps, processed foods, sweet products such as cakes, biscuits and chocolates.

In cases where this is persistent we would discuss with Parent/Carers and may return this food to the Parent/Carer. We would give Parent/Carer a call.

Children’s packed lunches should include the following items from the following four main food groups.

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy, packed lunches include one portion.

Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Packed lunches should include one portion of fruit and one portion of vegetable/salad. Eg. Carrot sticks, cucumber sticks, tomatoes, apples, bananas. A portion should fit in the palm of your child’s hand.

Milk and Dairy Foods

These foods provide calcium for healthy bones and teeth. Packed lunches should include one portion. Eg. Yoghurt or fromage frais, or a chunk of cheese (not cheese strings).

Meat, Fish, Egg, Beans

These foods provide protein for growth. Packed lunches should include one portion of these foods. Eg Boiled eggs, chicken, tuna as a sandwich filling or mixed bean salad or baked beans.

These foods that are in lunch boxes eg. Grapes, olives, tomatoes need to be cut in half (as they are a choking hazard).

This policy was adopted by the Pre-school on ........................................................................

Signed on behalf of the committee .........................................................................................

Name of signatory .....................................................................................................................