



Food and Nutrition Policy

The Overall aim of this policy:

This policy has been written in conjunction with the [Early Years Foundation Stage Nutrition Guidance](#). Our aim is to develop positive eating habits and ensure all children within the pre-school are consuming healthy, balanced and nutritious food in order to support their physical health and well-being.

Our Pre-school values

Horfield Welly pre-school recognises that our children come from diverse backgrounds, cultures, ethnic and faith groups therefore we aim to meet the needs of all children and ensure equality of provision whilst taking account of this diversity and difference.

We also understand that some children may have physical, developmental or sensory needs in relation to food and will work with parents/carers and healthcare professionals to support these children's individual needs.

Snack/Lunch

At Horfield Welly Pre-school snacks and lunches are provided by the parents/carers. All snacks and lunches must be provided in a suitable container labelled with the child's name. Parent/carers also need to provide eating utensils if necessary inside the lunchbox. The pre-school will not be able to refrigerate or heat any food.

For snacks we ask that parents/carers provide pre-cut fresh fruit or vegetables in an airtight container.

A child's packed lunch should be based on the '[Eatwell Plate](#)' model which shows items of the 5 main food groups; (Food Standards Agency 2007) and should include all of the following-

- At least one portion of fruit and or vegetable.
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A starchy food such as bread, pasta, rice, noodles, cous cous
- Dairy food or plant-based alternative such as cheese, yogurt, fromage frais

Any drinks provided in lunch boxes should only include either plain water, milk (semiskimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

Packed lunches **MUST NOT** contain the following-

- Nuts or nut products- Due to allergy concerns
- Fizzy / sugary drinks in cartons, bottles or cans

- Chocolate-coated products / sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared / toffee and salted popcorn
- Whole uncut round foods; grapes, cherries, blueberries, strawberries and cherry tomatoes

For ideas on healthy lunchboxes please visit-

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Mealtimes

At Horfield Welly Pre-school we offer a rolling snack and lunch times, this means that children can choose when to have their snack and lunch during the session. Mealtimes are held in the top 'quiet room' to provide a safe, appealing and inclusive eating environment. All mealtimes are supervised by staff who are paediatric first aid trained. All staff within the setting hold a Level 2 Food Hygiene certificate.

On a daily basis the pre-school staff see what children have in their lunchboxes whilst supervising lunchtime. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. Pre-school staff will also consume their own lunch with the children so they can model good table manners and healthy eating choices to the children. Children are encouraged to take home their lunch waste in their lunch box in order for parents/carers to see what they have consumed.

Milk/Water

At Horfield Welly Pre-school the children will have access to fresh drinking water from the water station, situated in the quiet area. We also offer semi-skimmed milk to the children during their morning snack.

Parents/carers who prefer or require their child to have alternative milk will need to provide this.

Dietary requirements

Information about allergies, intolerances and dietary/religious preferences will be gathered about all children on admission to the pre-school. This information is shared with all staff to ensure the individual needs of the children are being met.

Staff will work with parents/carers and health care professionals to ensure any action plans are relevant and up to date.

Celebrations/ Special Occasions

The pre-school will not distribute sweet treats brought in from home for children's birthdays/special occasions. Birthday's will be celebrated through singing Happy Birthday and sharing a card. If you wish to share treats for your children's birthday this will need to be distributed by the parent/carer themselves at pick up time. We recommend where possible to share non-edible options such as stickers or bubbles.

Date Reviewed:	Reviewed By:

