



Healthy Eating, Snacks and Lunch Box Policy

The Overall aim of this policy:

Our aim is to ensure that all packed lunches brought from home and consumed in pre-school provide pupils with healthy and nutritious food in line with the EYFS requirement to encourage children's emotional and 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 are 'fussy' eaters and that it is a major step to get them to eat anything at all. We therefore urge parents to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they have eaten.

We will provide a safe, healthy and appealing eating environment for pupils eating snacks and packed lunches, and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in pre-school, parents are advised to send in packed lunches in a cool bag or food that does not require refrigeration.

Water:

It has been recognised that children's concentration and behaviour improves when they drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to drink when required by having a self-selection water station available in each room. This will allow children to have access to fresh drinking water throughout each day.

The following guidelines for snacks and lunchbox contents may help parents and ensure health and equality for all children:

Packed lunches may include:

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles, cous cous
- Dairy food such as cheese, yogurt, fromage frais
- A smoothie or yogurt drink
- A bottle of water
- A biscuit not coated in chocolate

- Crisps (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, etc.
- Eating utensils if necessary

Packed lunches should avoid:

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies which should only be included occasionally.
- Fizzy drinks.

Nuts and nut products (e.g. peanut butter) should never be sent into pre-school because of allergy concerns.

Children are not allowed to share food items for this same reason.

Mid-morning Snack

As a pre-school we encourage parents to bring in a piece of pre-cut fresh fruit or vegetables for their child's mid-morning snack. We ask that you put the snack into a labelled air tight pot or container. A drink of fresh milk or water will be provided by the pre-school.

We kindly ask that chocolate, sweets, cereal bars or fruit bars are NOT sent into pre-school as they are high in sugar.

On a daily basis the pre-school staff see what children have in their lunchboxes whilst supervising lunchtime with their key groups. 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. It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. Children are encouraged to take home their lunch waste in their lunch box in order for you to see what they have consumed.

Special Occasion Treats:

On special occasions such as Easter and Christmas children may bring home sweet treats (chocolate eggs from easter egg hunt, or biscuits/cakes they have baked). Where possible these will be distributed at home time so parents are able to monitor how many treats their children are consuming.

The pre-school will not distribute sweet treats brought in from home for children's birthdays. 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 have the best interests of all the children at heart.

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