

Policy - Healthy Eating

Title: Healthy Eating

Category: Well Being

Review Date: 30th Aug 2024

Description:

Our aim within the Preschool is to ensure that the children in our care:

- Are encouraged and allowed to develop their skills so they can make informed choices about food and drink.
- Develop positive attitudes to diet, nutrition and health.
- Develop healthy eating and drinking activities.

Please be aware that Burpham Preschool has a NO NUTS policy due to allergies, so please ensure that no items containing nuts are placed in your child's lunch or snack.

Snacks

You will be required to provide a healthy snack of fruit/ veg and/or a plain bread stick/rice cake (No other snacks will be permitted) for your child each day. This must be in a named plastic (wipeable) container that your child is able to access for themselves.

Lunches

Parents/carers are requested to supply their child with a healthy, well balanced packed lunch. It must be kept in a clearly named, insulated lunch box. All individual containers within your child's lunch box should be named and your child should be able to open any packets or containers for themselves, although staff will be available to help if needed. All containers (including your child's lunch box) must be made from a material that can be wiped clean.

Guidance for a healthy, well balanced lunch:

- at least one portion of fruit or vegetable daily
- meat, fish or other protein daily
- a starchy food such as bread, pasta, rice, noodles daily
- Milk, cheese, yoghurt or fromage-frais daily

Food items such as chocolate bars and sweets are NOT permitted as part of a child's lunchbox. However, cakes and small biscuits are allowed providing they are given as a part of a healthy diet.

Drinks

Parents/Carers are to provide their child with a clearly named, filled water bottle. Children will have access to their drink throughout the day. Extra water will be available should your child require. Fizzy drinks are NOT permitted at any time. Please note that although fruit juices and smoothies may be advertised as a healthy way to ensure your child is having fruit, these drinks are very high in sugar – water or weak squash would be a much healthier option for a lunchtime drink.

Children will sit with their peers at both snack and lunchtimes. The Keygroup leaders will also sit with the children, and will have their snack/lunch at the same time.

Birthdays & Celebrations

Although we celebrate each child's birthday with a card, we do not supply cakes or sweets. However, if any parent/carer wishes to supply something (small packet sweets, bubbles etc) for children to take home these should be individually wrapped - No loose/unwrapped cakes or sweets can be handed out. Please also remember our NO NUTS policy. You may also like to consider other allergies or cultural dietary requirements to ensure all children are included. If your child has an allergy or dietary requirement you are welcome to leave a small supply with the Manager to ensure your child is included. Please speak to the Manager if you require advice on this.

Cooking Activities - To help children learn about healthy eating we may occasionally do some cooking activities. The children will not access the kitchen during these activities. They will be involved in the preparation, and then a member of staff will take the food to the kitchen to place into the oven.