

## Healthy Eating Policy

At Heath Barn Pre School we are very much aware of the importance of providing a positive influence on children's knowledge, attitudes and behaviour towards food and a healthy lifestyle.

The sharing of food at snack time and lunchtime can play an important part in the social life of the pre school as well as reinforcing the children's understanding of the importance of healthy eating.

Individual medical or dietary requirements will be respected. Children's individual needs should be discussed with their keyworker.

Water is freely available throughout the day.

### Snack Time

Snack time forms an integral part of the children's learning and is run on a 'self serve' basis. Children take their name card to the adult supervising snack and (with help as appropriate) pour their drink and then select a snack.

Fresh fruit and/or vegetables are offered daily, along with milk or water.

In addition, items such as toast, crumpets, crackers and breadsticks will also be offered during the week.

When appropriate, the weekly cooking activity will be eaten by the children at snack time.

### Lunch Time

Children sit down together to eat their lunch and will be supervised by staff. Members of staff may also eat their lunch with the children and will ensure that they provide good role models by eating healthily.

Children will be encouraged to eat 'savoury' items first and then any 'treat' items; however food will not be withheld as a *bribe*. Children will be encouraged to develop good eating skills and table manners, they will be given plenty of time to finish the contents of their packed lunch.

We understand that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We would want 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**.

If your child has not eaten very much of their lunch, we will re-wrap it and send it home in their lunch box so that you are aware of how much your child has eaten.

## Packed Lunches

It is not our intention to tell parents and carers what and how they should be feeding their children. However, as a preschool, we are required to help the children learn about and make healthy choices. This policy aims to help preschool and parents work together to educate the children about healthy dietary choices so that they can make their own informed choices independently when they are older.

As part of our partnership with parents, this policy includes guidance on the contents of healthy packed lunches,

### Packed lunches should include:

#### Daily

- At least one portion of fruit and one portion of vegetables. Please ensure that grapes and cherry tomatoes are cut in half, as they are a potential choking hazard
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummous).
- A starchy food such as bread, pasta, rice, noodles.
- Dairy food such as cheese, yogurt, fromage frais.
- Carton of fruit juice (unsweetened) or a smoothie or a yogurt drink. If you prefer your child to have water, this is always available

Oily fish such as salmon at least once every three weeks.

### Packed lunches should avoid:

- Crisps or other such snacks (Quavers, Skips etc) but instead seeds, savoury crackers, breadsticks etc  
Fizzy drinks or drinks in glass bottles
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits are fine as part of a **balanced** meal.
- Meat products such as sausage rolls, pies, corned meat and sausages should be included only occasionally.
- **Nuts, nut products (e.g. peanut butter) and shellfish should never be sent to preschool because of allergy concerns. Neither are children allowed to swap food items because of allergy risks.**

As fridge space is not available in preschool parents are advised to send packed lunches in insulated bags with freezer blocks to keep food fresh.

