



Healthy Eating Policy

Here at Lavington Pre-school we wish to promote the right environment for our children to understand the importance of making healthy food choices. Lavington Pre-school is registered with Wiltshire Council to provide food. Staff who handle or prepare food have up to date Food Hygiene and Safety for Catering certificates and are fully trained in food storage, preparation and food safety. Staff follow the hygiene procedures laid out in our Health and Hygiene Policy when preparing food and drink.

Aim

To give guidance to parents, carers, children and staff on providing a healthy packed lunch and snack.

Suggested Content of Packed Lunches:

- Carbohydrates, starchy foods eg. bread, pasta, rice, couscous, noodles, potatoes (not fried).
- Fruit and vegetables; at least one portion of fruit, vegetables or salad a day. Grapes to be cut in half long ways.
- Small cake or biscuit
- Yoghurt
- Drink; water, smoothie, fruit juice or yoghurt drink

The following should not be included in packed lunches or snack:

- Chocolate, chocolate bars and sweets
- Nuts or nut products (**Lavington Pre-school is nut free please see Nut Free Policy**)
- Fizzy sugary drinks, diet cans of drink and energy drinks
- Fried food
- Cooked food cannot be reheated on the premises, so please ensure your child's lunch can be consumed at room temperature or from the fridge.
- Any chocolate, chocolate bars, sweets or sugary/fizzy drinks will be sent home at the end of the day.

Special Diets and Allergies

We ask parents/carers to be aware of nut and other allergies. For this reason pupils are not permitted to swap food items. **As we are a nut free setting we ask parents to refrain from including nuts or peanut butter in their lunch boxes/bags. (Please see Nut Free Policy)**

We have an allergy form as part of our registration pack and ask parents to inform staff of any changes to their child's health and any new allergies.

Staff

To support a whole preschool approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating with the children.

Snack

Snacks will be offered between meals to ensure children receive appropriate levels of energy and nutrition, for example at mid-morning. Snack can be provided by pre-school for a daily fee.

Birthdays and other celebrations

If children bring in cake and sweets to share with their peers to celebrate birthdays or any other celebrations, cakes will be shared at snack time or given to children at the end of the day and sweets will always be given at the end of the day to parents. **Parents must ensure that any food bought into the setting is nut free. (Please see our Nut Free Policy)**

Working with parents and carers

We hope that all parents and carers will support this Healthy Eating Policy. We will offer advice and guidance to parents and carers on packed lunches if required. Information sheets such as the one attached to this policy are regularly handed out to parents and carers. **Our Nut Free Policy is regularly handed out to all parents.**

The Manager and Chairperson are responsible for monitoring and evaluating the policy.

Reviewing the Healthy Eating Policy: The Chairperson is responsible for overseeing the annual review.

The Lavington Pre-school Healthy Eating Policy will be reviewed on:

Date: **Signed:**

Name: **Post:**

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