Food and healthy eating Policy

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Through following this policy we are aiming for all members of the Nursery School Community to:

- Have the balanced nutrition they need to develop into healthy adults.
- To be aware that the food and drink we eat has an impact on our own health.
- Be provided with food that will enable them to maintain concentration and have energy to participate in learning throughout the day.
- Be aware of dental hygiene and be supported to maintain this at all times.

Lunchtime club

Unfortunately there is not a kitchen onsite at the Nursery School and so we ask that all parents send their child with a healthy packed lunch each day. Pack the right amount of food, not too little, not too much.

Things to remember when packing your child's lunch:

- Start with something savoury. A sandwich, rice or pasta.
- Vegetable sticks, such as carrot and cucumber, are delicious and crunchy.
- Fruit is a great sweet treat! Please chop grapes and other fruits / foods to keep your child safe.

Let you child be part of the process. They might like to help you to make their own packed lunch.

Things that should not be included:

Sweets and chocolate.

Nut products – we are a nut free school.

Juice drinks such as fuit shoot. School will provide water and milk as a healthy drink.

We provide water and milk as a drink at lunch time so children do not need to bring a drink with their lunch.

You will know how much your child has eaten because we send leftover food home. If your child is finding lunchtimes difficult and not eating their food staff will talk to you when you collect them. Lunchtime is a fantastic social occasion and children all sit at the table, with an adult when eating their food. We encourage discussion, often reflecting on the day and children are encouraged to eat independently.

Children are gently encouraged to eat as much of their lunch as possible as we trust parents to send the correct amount of food for their child. If a child does not want to eat, then food will be sent home. If children are repeatedly not eating their lunch then staff will speak to parents about how they can support this.

Breakfast Club

Children are given a choice of foods at Breakfast Club, provided by school, that they can select from. This is so that all the children's likes and dislikes can be met and they also have some control over the amount of food they are eating. Children all sit at the table, with an adult when eating their food.

We offer cereal, fruit and yoghurts with water or milk to drink.

Daytime snack

Children with us for 15 hours, am and pm, are provided with a snack within the session. Mirroring lunchtime, children are invited to sit at a table with friends and an adult. There is a regular rotation of snacks including: Rice cakes, apples and other hard fruit, yoghurts, breadsticks, pitta bread and hummus.

Allergies and preferences

When children join school, we discuss any allergies, preferences and your child's food journey so far. All allergies are shared with the child's key person and staff in the room. We are a nut free school and this includes both staff and children.

All staff have had training on allergic reactions and the correct use of epi pens if required.