



# Packed Lunch and Healthy Eating Policy

## Policy Statement

Here at Goostrey Pre-School we place a strong emphasis on healthy eating. We acknowledge the need for children to make healthy food choices at a young age as this will then continue into adulthood.

We understand the need to provide healthy snacks for the children and we will actively encourage healthy choices brought in from home for packed lunches.

No nut products are to be packed in lunch boxes.

## Procedures

Snack time:

- We provide a healthy snack for each session, AM and PM. This snack consists of fruit/vegetables and a carbohydrate.
- Our snack is purchased by a member of staff/committee fresh for the week. Dates are checked and food is stored in the appropriate way.
- When serving grapes, we ensure that they are always sliced in half, lengthways. This reduces the risk of choking.
- We provide water or milk to drink at snack time. Our milk is delivered fresh each day and stored in the fridge. Each child is entitled to 1/3 pint of semi-skimmed milk a day.

Packed lunches:

- We encourage parents to join us in our approach to healthy eating. When packing a lunch for your child, please ensure that you consider the following:
- A sandwich or carbohydrate that your child enjoys. This could be crackers, wraps or breadsticks. (Jam and syrup are not considered suitable)
- A piece of fruit. If grapes (or similar shaped food) are packed, they must be sliced in half, lengthways by the parent/carer.
- ONE treat. This could be a yoghurt, a biscuit a bag of crisps. Please provide a spoon with yoghurts.
- A water bottle. The children have access to their water bottles all day and will be refilled as required by a member of staff.

Where lunches brought in repeatedly do not adhere to our healthy eating policy, parents will be spoken to and offered support and information regarding healthy food choices.

This policy was adopted by: Goostrey Pre-School	Date: April 2019
To be reviewed: April 2020	Signed: <a href="#">A.L.Warren</a>