

Food and Drink, Healthy eating and Allergies

Snack and meal times are important part of the day. Eating represents a social time for children and adults help children learn about healthy eating. we promote healthy eating and encourage children to make healthy choices.

Telford Preschool operates a no nut policy at all times.

Allergies

Before a child starts Telford Playschool, staff request information off parents/carers about allergies or dietary needs. When required, suitable systems will be implemented to ensure that children only receive food and drink that is consistent with their dietary needs and preferences as well as their parents wishes. This information will be displayed so that all staff and volunteers are informed and risk assessments will be completed when required.

Snack Times

For snack time we ask children to bring in a piece of fruit to share. This is chopped up and children are encouraged to choose what they would like to eat. Breadsticks and toast are offered sometimes too.

Children are offered drinks of water and cows' milk through out sessions, children are encouraged to pour their own drinks, support and encouragement is given when needed.

Packed Lunch

Parents/carers are encouraged to provide healthy lunch boxes. This is discussed with parents / carers before their child starts at settling in sessions. Lunch boxes are stored in the fridge until required. if children leave food it is returned home so that parents/carers can see what is left at the end of the session.

Plates and cutlery will be provided and children will be supported to use these and grow in independence when opening lunch boxes/feeding self's and eating in a social situation.

Trying new foods

As part of exploring different cultures and festivals, there are opportunities through out the year for children to try new foods from different cultures as well as familiar foods from their own.

Weekly baking will give opportunity for children to cook foods, using equipment, learning safe procedures. Bakes will be mostly healthy savoury and sweet however on occasions e will bake treats. This is a good opportunity to explore healthy and unhealthy, physical exercise allowing for treats with in our diet. A balanced diet is ok.



Updated by Claire Harman-Sherwood, sept 2019

Policy reviewed by Claire Harman-Sherwood and team read September 2018 (Playschool Manager) . Review date September 2019. Reviewed 2019 by Claire Harman-Sherwood

Packed Lunch

Lunch times are a lovely part of the day where children are encouraged to sit together , chat together and grow in independent at this meal time.

Practitioners will sit with children to support unpacking lunches onto plates, sitting together, table manners and encouraging a social time.

Plates and cutlery will be provided, practitioners will sometimes also eat with children to encourage good meal times together.

Please keep in mind:

- *Please provide a small lunch bag/box (we have limited fridge space)
- *Strictly no nuts including nut-based spreads, nutty cereal bars. This is to safeguard children who have an allergy to nuts.
- *No sweets or chocolate bars, please save these treats to enjoy at home.
- * Water and milk are provided, so no need to pack drinks.
- * Please try to keep lunches as healthy as possible, ideas for lunches can be provided.
- * Please cut grapes to avoid choking.
- * If children leave food it is returned home so that parents/carers can see what is left at the end of the session.

Healthy food ideas Cheese cubes, sandwiches, vegetable sticks, pitta breads, bread sticks, cold pasta dishes,



Fresh fruit, yogurt, flapjack, wraps.

