

# Food & Nutrition at our setting

## Information for parents and carers

### Everyday Healthy Eating

We support children to eat a balanced diet – ( 4 food groups)

- **Fruit & Vegetables** (carrot sticks, berries, apple slices)
- **Starchy foods** (bread, rice, pasta, wraps, crackers)
- **Protein** (chicken, lean meat, fish, eggs, beans, hummus, lentils)
- **Dairy /Alternatives** (yoghurt, milk, thin cheese slices, fortified soya/oat yoghurt)
- **Drinks:** Water or Milk – **Supplied by pre-school**
- **Snacks:** We provide healthy snacks (fruit, vegetables, milk, water, cheese, crackers, toast) etc.)

### Packed Lunches

**Ice packs** – need to be in lunch boxes that has foods that are to be kept cool (we do not have the facilities to store all lunch boxes in the fridge)

**Drinks** (water/milk) are provided by us so **no need** to send in your own.

**Hot food** – we do not heat food – if you wish to provide your child with hot food, please heat in the morning and place in a thermos flask.

**Reminder to parents to check best before dates and use by dates.**

All Lunch box and personal items to be named/labelled and cleaned regularly. **Please include food from the 4 groups.**

### **Foods Not Allowed:**

We do not allow the following items: **Sweets, Chocolate of any kind, Drinks (we supply water and milk),**

**Nuts of any kind, Popcorn, Crisps, Snack bars – including grazing bars.**

### **Choking Risks:**

Certain foods can pose a choking hazard, particularly for young children. To minimise this risk, foods must be cut or prepared appropriately as follows:

#### **Safe preparation method**

#### **Examples**


Cut Lengthways

Grapes, Cherry Tomatoes, Cheese cubes, Olives, Sausages etc...

Cut in half

Strawberries, any other round foods

**Important:** Avoid round or hard pieces of food that could block the airway. Always supervise children while eating. Ensure children are sitting down at meals times or eating snacks.

**If We Have Concerns:**  If staff have any concerns about a child's lunch or snack being a potential choking risk, or if food items are not prepared safely, the item will be returned home and parents/carers will be informed.

**Our priority is to ensure all children eat safely and enjoy mealtimes in a supervised and safe environment.**

### Birthdays & Celebrations

We celebrate birthdays with Song, Replica Birthday Cake, Fun activities

To support healthy eating, we ask families not to send in cakes, sweets or party bags, **instead**, families are welcome to bring: Fresh fruit & Vegetables – for snack time, a story book to share.

When requesting food donations for Celebrations open to all children, we ask that if you are making homemade foods that you take into consideration that we may have allergies and that ingredients are listed with the dish.

### Allergies & Special Diets

Ensure you tell us about any allergies or dietary needs.  
We display allergy information for staff and keep food prep areas safe.  
Staff are trained to manage allergies safely.

**Together we can give children the best start with food, health, and happy mealtimes.**

### Our Promise

Children will always be within sight and hearing of a member staff whilst eating.  
Staff sit facing children to also prevent food sharing.  
Mealtimes are calm, social and enjoyable.  
We never pressure children to eat.  
We never comment negatively on food in front of children.  
We aim to build healthy habits for life.