

What parents need to know!

Everyday Healthy Eating

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

- **Fruit & Veg** (carrot sticks, berries, apples slices)
- **Starchy foods** (bread, rice, pasta, wraps, crackers)
- **Protein** (chicken, eggs, beans, hummus, lentils)
- **Dairy /Alternatives** (yoghurt, milk, thin cheese slices, fortified soya/oat yoghurt)
- **Drinks:** Water or Milk - **We will supply this**
- **Snacks:** we provide healthy snacks (fruit, veg, milk, water, cheese, crackers, toast etc.)

Foods Not Allowed:

We do not allow the following items to be brought in: **Sweets, Chocolate (of any kind), Drinks (we supply water, 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

Some common foods that children have for lunch

Lengthways

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

Slice

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 during meals and 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, secure 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 & Veg - for snack time, a story book to share

When requesting donations for Celebrations that we have which is open to all children, we ask that if you are making homemade foods (including cultural foods) that you take into consideration that we may have allergies and that ingredients are noted with the dish.

Allergies & Special Diets

Please tell us about any allergies or dietary needs.

We display allergy info 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.

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.

Our Promise

Children will always be within sight and hearing of a member of staff whilst eating.

Staff to 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.