



Healthy Eating- Snack and Lunch Boxes

Policy statement

Tiggers pre-school regards snack and Lunch Club as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs. We do have a donations bowl out each morning so parents/carers can help provide a variety of healthy snacks for our rolling snack bar.

Procedures

We follow these procedures to promote healthy eating in our setting:

Snack Routine procedures

- Tiggers uses the 'Safer Food Better Business' food safety management pack to log all food provided to children at snack time.
- A risk assessment tick list is also completed to remind staff of important procedures.
- Member of staff on snack will disinfect the work surfaces in the kitchen along with the table snack is arranged on and the table children are seated at
- Member of staff will wear a disposable apron and wash hands thoroughly. Disposable gloves are also available.
- Long hair is to be tied back
- No-one will prepare food if suffering from any infectious/contagious illness or skin trouble
- Food will be never be coughed or sneezed over
- All food is stored according to the instructions on the label. No food or drink is used past its sell by date
- Dates are written on food to let staff know when it was opened.
- All fruit, such as apples and grapes will be washed
- Grapes are cut in half. Other fruit is cut in chunks or sliced
- Dried fruit such as raisins are not given to children as advised by Dental Health Agency.
- Bread sticks, rices cakes , crackers etc are also provided
- Food is placed in bowls, on table for children to make choices from.
- Bowls are labelled with numbers to show children how many of each food they are allowed to take.
- Water and semi-skimmed milk is provided .
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can access the water at any time during the session
- Cups and plates are available for children to use.
- Three bowls are available. One for dirty cups, one for dirty bowls and one for waste.
- Children are encouraged to wash their hands before helping themselves to snack.

- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves
- **We provide nutritious food for all snacks, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings**
- **It is our aim to offer children a healthy snack at each session.** If a child has a birthday and bring in a type of cake/biscuit to celebrate this is allowed but children are encouraged to try all the healthy foods on offer

Allergies and Other Dietary Requirements

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies. (**see also Allergies Policy and Procedures**)
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies – are up-to-date. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We take care not to provide food containing nuts or with minimal traces of nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- During our celebrations of other festivals, children are offered food from various parts of the world.

Packed lunches

- We cannot provide cooked meals and children may choose to stay for our lunch club and bring a packed lunch, therefore we:
 - Inform parents of our policy on healthy eating;
 - Encourage parents to provide sandwiches with a healthy filling
 - fruit, and milk based deserts such as yoghurt or crème fraîche .
 - We discourage sweet/carbonated drinks and can provide children with water if required
 - Discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits
 - **Due to allergies parents are asked not to bring in nut and/or nut products, for example peanut butter in lunch boxes**
 - Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion
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- **Further guidance**
Food Standards Agency

HENRY-Health Exercise and nutrition for the Really Young

