

## 03 Food safety and nutrition procedures

### 03.4 Snack planning and nutrition

Food supplied for children provides a healthy and balanced diet for healthy growth and development.

Foods that contain any of 14 allergens identified by the FSA are identified on menus. The setting follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating. When planning menus, the setting manager and cook ensure that:

- Menus reflect children's cultural backgrounds, religious restrictions and the food preferences of some ethnic groups.
- Parents must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents.
- Staff refer to the Eat Better, Start Better (Action for Children 2017).
- The manager maintains a record of children's dietary needs and is displayed in the kitchen for all staff to see.

#### Packed lunches and snacks

Where children have packed lunches, staff promote healthy eating, ensuring that parents are given advice and information about what is appropriate content for a child's lunch box. Parents are also advised to take measures to ensure children's lunch box contents remain cool i.e. ice packs, as the setting may not have facilities for refrigerated storage. We are unable to reheat any food. Please see below, our guidance for suitable packed lunches and snacks.

At Stanwix Community Pre-School we are dedicated to supporting the health and well-being of every child. This policy helps ensure that snacks and lunches brought from home align with the latest **EYFS nutrition guidance** encouraging lifelong healthy eating habits.

#### What to Include in Your Child's Packed Lunch

A balanced packed lunch might include:

- **Starchy base:** Sandwich, wrap, pitta, pasta or rice
- **Protein:** Chicken, egg, hummus, tuna (in spring water), or cheese
- **Vegetables:** Cucumber, carrot sticks, cherry tomatoes (halved), salad
- **Fruit:** Apple slices, orange segments, grapes (cut), banana
- **Dairy:** Cheese cubes, plain yogurt (unsweetened)
- **Drink:** Water or milk (water and milk is also provided at preschool)

At preschool we aim to provide healthy and nutritious snacks, often including fruits, vegetables and whole grains. Should parents wish to supply their own snack, then we request that they should follow these same principles and avoid large quantities of fat, sugar and salt and artificial additives, preservatives and colourings. Snacks should be brought to preschool in a clearly labelled container.

### **Permitted Snacks**

- Fresh fruit (cut as needed)
- Fresh vegetables
- Plain rice cakes or oatcakes
- Breadsticks
- Cubes or slices of cheese
- Plain, unsweetened yogurt

### **Foods We Kindly Ask You Not to Send**

- Sweets, chocolate bars, confectionery
- Cakes, pastries, or dessert-style yogurts (e.g. “corner” yogurts)
- Crisps or salty snacks
- Sugary or fizzy drinks (including squash or fruit juice)
- Nuts or nut-containing products (we are a **nut-free setting**)
- Processed meats high in salt/fat (e.g. salami, pepperoni)

### **Food Safety Reminders**

- Pack food in a **clean lunchbox** with an **ice pack** if needed.
- Label the lunchbox and all containers with your **child’s name**.
- Ensure food is fresh and safe to eat.
- We are unable to reheat any food

### **Working Together**

We are here to support you and your child. If we notice regular items that fall outside this policy, we will contact you in a supportive and respectful way.

## **Food Safety in children under the age of 5**

### **How to reduce the risk of choking - Food preparation:**

- remove any stones and pips from fruit before serving
- cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
- cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
- do not give whole nuts to children under five years old
- do not give whole seeds to children under five years old
- cut cheese into strips rather than chunks
- do not give popcorn as a snack
- do not give children marshmallows or jelly cubes from a packet either to eat or as part of messy play activities as they can get stuck in the throat
- do not give children hard sweets