



Laugh and Learn Pre-school

Food and Nutrition Policy

- ❖ At Laugh and Learn Preschool we actively work in partnership with families to support children in developing healthy eating habits which will become embedded for life. So, with this in mind we offer a healthy morning snack (fresh fruit, vegetables, cheese, and wholemeal Pitta bread) and afternoon snack (fresh fruit, vegetables, wholemeal toast, with honey or cream cheese) along with a choice of milk or water. (Milk alternatives for those with allergies e.g., oat milk). We offer a range of tastes and textures and colours to ensure children receive a variety of nutrients and develop a broad palate and prioritize foods that are low in fat, sugar, and salt.
- ❖ The quantity provided is adequate for their needs but is not a substitute for a meal. For those parents choosing to opt out of our consumables charge they will need to supply a daily fruit snack in line with our healthy snack policy.
- ❖ We endeavour to promote a positive healthy eating experience to promote wellbeing and development of positive attitudes towards food and the children are encouraged to participate in the preparation of snack, pour their own drinks, and will sit around a table together to encourage social interactions.
- ❖ Staff will always supervise snack and keep a discreet eye on those who appear not to be eating well, positive encouragement and peer support is used to encourage poor eaters to make healthy choices. We will always encourage children to try new things, using a range of ways (making fruit kebabs) however no child will be forced to eat.
- ❖ Safety- Staff will maintain a clean and hygienic eating environment and will be mindful of potential choking hazards and will take steps to prevent them, such as cutting fruit into small pieces. Staff will provide supervision at snack and at lunch times (minimum of 1 adult per table) to ensure children are eating safely and comfortably, whilst eating children must be within sight and hearing of a staff member and there must always be at least one Paediatric First Aider present throughout mealtimes.
- ❖ If a child chokes at mealtime and intervention is given. We record details of the incident and ensure that parents/carers are informed.
- ❖ As well as offering milk or water during snack we also ask parents to bring in a named water bottle and this will be available to the children for the entire session.
- ❖ Special dietary needs and food allergies: We are sensitive to the catering needs of children with specific allergies, dietary, cultural, or religious needs. Parents will be asked about any special dietary requirements/food intolerances before their child starts pre-school. It is the parents/carers responsibility for informing us of any such requirements and of keeping us updated regularly of any changes.
- ❖ Lunch: Children who stay with us for lunch are required to bring along their own packed lunch which will be stored on a trolley. As we have no facilities to keep the lunches refrigerated, we ask all parents to use an ice pack to keep the contents cool. We have a strict NO NUTS POLICY, and all lunches are checked daily, any food within the packed lunch suspected of containing this will be removed and the child will not be able to eat it on Preschool premises. Whilst we will always have a no nut policy, our list of other prohibited allergens can change in accordance with the allergies our current cohort are displaying. We will keep parents informed via our newsletter of these changes.
- ❖ Staff will model healthy eating behaviour and will sit with the children for lunch in a relaxed social environment, encouraging children to eat, try new foods without forcing them to eat.
- ❖ Parents are encouraged to provide a healthy well-balanced lunch for their children. Processed meats (sausages, breaded processed chicken, meatballs) and packaged premade lunches should be

limited. Foods high in saturated fat, salt and sugars (treat items-cakes, sweet and savoury pastries, biscuits and crisps) should be avoided therefore to support children to develop healthy eating habits **only 1 treat item should be included in children's daily lunches**. All lunches should include a drink (daily water bottles are adequate) and fruit or vegetables. Chocolate and sweets are not permitted.

❖ Packed lunch box ideas....

Protein- a source of protein to keep the children alert: Chicken, tuna, cheese, egg, soya, tofu

Carbohydrates-for slow-release energy: Wholemeal bread, pitas, wraps, or bagels, pasta, rice, banana

Fruit and vegetables-for vitamins and minerals: Carrot sticks, cucumber, celery sticks, seedless grapes, Blueberries, cherry tomatoes (cut up - see photo), melon, satsumas, strawberries, bananas, apples, dried fruit (apricot, raisins)



NO sugary and fizzy drinks. We provide water and milk.

- ❖ Could we also ask you all to think about the amount of plastic that we are using in the lunches used daily and were possible, consider some alternatives.
- ❖ We will be limiting activities around food play however we will on occasion use food to support children with tastes and textures on professional advice.
- ❖ We do not allow children to share sweets or cakes on their birthday due to allergens and to promote healthy eating in our setting.
- ❖ Food hygiene: The kitchen facilities at the pre-school are inspected by an Environmental Health Officer on a regular basis in relation to the Food Safety Act. The pre-school adheres to the recommended guidelines and good practices for the preparation and storage of food. An appropriate number of staff who are involved in cooking and the preparation of food in the pre-school have successfully completed a Food Hygiene Course.
- ❖ It is a requirement of the Food Standards Authority that, as a food provider, we inform our parents of any of the 14 different Allergens that may be present in the food/drink we give the children at snack time, below are a list of any of the allergens that we may give at any time:

Cereals containing gluten.

Soya

Milk

Celery

Eggs

Lupin (found in flour and used as seeds on top of bread)

It is very important that our parents keep us informed of the up-to-date dietary requirements of the children to enable us to ensure that we cater correctly for any allergies, religious or cultural food/drink requirements at all times. In addition, whilst the food for any dietary requirements will be prepared separately all food is prepared in the same kitchen.

The Pre-school has a strict NO NUTS policy due to allergies so please do not include any products that may contain nuts in your child's lunch box (including chocolate spread).