

Hillside Pre-School and Early Learning Group

Policies and Procedures

Nutrition Policy

We aim to promote healthy eating within the Pre-school through projects we do with the children, through communication with the children's parents /carers and the structure of the day at the Pre-school. We are committed to equality of opportunity (please see our Equal Opportunities policy), and plan our programme to extend the children's experience and knowledge of other cultures, celebrations and festivals, to include the different foods eaten.

Our registration form, which is completed by parents in respect of every child, asks the parents to record if the child suffers from any allergies (including food intolerance) and whether the child has any special dietary requirement (e.g. vegetarian, religious, cultural, medical). A list of these children will be available to all staff.

We provide milk and water at snack times for the children but water is always available whenever the children are thirsty. We provide a healthy snack for each child and bread sticks and raisins are also available.

Children staying to lunch

We are respectful of parental choice and where possible will comply with parent's wishes but we request that parents support us in our healthy eating aims when providing lunch for their children in the following ways:

- ⌚ Pack food in a lidded container (preferably an insulated one as we have no means of cold storing the packed food) with your child's name on it
- ⌚ Pack drink in a non –breakable container with your child's name on it
- ⌚ Avoid any foods such as crisps, chocolate, sweets or fizzy drinks or any other foods with high levels of additives/colourings (some children are highly sensitive to these ingredients which can severely affect behaviour and/or make them sick)
- ⌚ **Do NOT pack any foods with a nut content** as children with a severe allergy to nuts can suffer extreme reactions even via indirect contact. This includes products such as Nutella and cereal bars etc.
- ⌚ Fruit or vegetable and dairy snacks are encouraged.

We aim to promote hygiene by getting the children to wash their hands before snacks or meals (for further information please read our Health and Safety policy). We try to make snacks and meals sociable occasions with the children sitting down together. We encourage children not to share their lunch with others. We also ask our staff when eating with the children to adhere to this policy. Any uneaten food will be left in the children's lunch boxes so parents can see what the child has or has not eaten.