

Breakfast, Snack and Lunch Policy

Policy Statement

Pound Hill Pre-School is committed to supporting children's general health and well-being and we provide children with a diverse snack selection to encourage them to try new things.

We ask parents to contribute towards the cost of breakfast and snack at a cost of £2 per week per child. Payments can be via cash, bank transfer or card.

Snack

Here at Pound Hill Pre-School we believe that children respond better when they have had breakfast and we feel that every child should be encouraged to eat breakfast in the mornings.

Children who attend from 8:30 am will offered a choice of two cereals, these cereals will not contain added sugar such as Frosted cereals or contain chocolate. Children will also be offered milk and water to drink whilst they eat their breakfast.

Children will be able to self-select their breakfast from a choice of two and have the opportunity to add their own milk to their cereal.

The Children will be encouraged to have some breakfast by a practitioner who will be positioned at the table where the food is to be eaten.

Children will need to remain seated whilst they are eating.

Snack

Snack is offered as a rolling snack and children will be encouraged to have snack but will not be forced to eat.

Milk and water will be offered at snack time for the children to drink.

A variety of fruits and vegetables will be offered to the children for self-selection, we will also provide additional items such as Crumpets, Crackers, Yogurt.

Lunch

Pound Hill Pre-School DO NOT supply lunch for the children, parents supply their child with a packed lunch to consume at lunch time if their child attends the full day only.

We ask parents to provide a health lunch that does not contain nuts due to allergies and that it does not contain sweets.

We DO NOT reheat food sent in from home if parents would like to send hot items they are asked to provide them in a thermos style container. We will then happily open these for the children at lunch time for them to consume.

We provide parents at the beginning of the year with a leaflet containing ideas for packed lunch.

**This policy was adopted by
Position within the Pre-School**

**Katy Platt
Manager & nominated individual**

Lunch Box Parent Guidance

Sending your child into school with a packed lunch is a great way to ensure they're eating a balanced and healthy diet that will keep their energy levels up and ready for learning. You can plan your child's lunch (or encourage them to help plan their own) using some of the guidance below.



Ready, Steady, Go!

Foods that contain carbohydrates are great for giving us long-lasting energy, meaning your child will have plenty of go power throughout the day. You should try to get two portioned sources of carbohydrates in your child's lunch, such as:

- bread
- pitta
- scone or English muffin
- plain biscuits
- wraps
- rice cakes
- quiche (a slice or child-size)
- rice
- pasta
- crackers



Tall and Strong

Foods containing calcium (like dairy products) can help to boost your child's bone growth, while protein-rich foods can help with muscle strength - that's why these foods are in the 'Tall and Strong' group! You should aim for one portion of these foods, which could include:

- yoghurt pots or tubes
- cheese slices, cubes or sticks
- fish (e.g. tuna)
- eggs (boiled or in a sandwich)
- chicken
- ham
- salami



Healthy Glow

Fruits and vegetables are fantastic sources of vitamins and minerals that keep your body healthy. They're also a good source of fibre, too. You should try to get two sources of these foods, including:

- fresh fruits like apples, strawberries or oranges
- canned fruits like pineapple or peach slices in juice
- cut vegetables like cucumber, bell peppers and carrot



No, No, No!

There are some foods that aren't appropriate for school lunches, including excessive snacks or fast foods. Many schools are also nut free, so precautions should be taken when considering nut products. The following foods can be enjoyed in moderation at home and should be avoided at school:

- takeaway (leftovers such as pizza)
- sugary biscuits
- sweets
- large bags of crisps (i.e. sharing packs)
- fizzy drinks

