



Healthy Eating Policy

Snack - Each session includes snack and children are encouraged to try a variety of fruit/vegetables and dry snacks according to what parents/carers have brought in for that session. Each child will have their own water-bottle to drink from and staff refill with filtered water as needed. We also offer semi skimmed milk to drink. Staff use their discretion in regards to how much *morning snack* is eaten for children who are staying for lunch.

Suitable snack ideas...

| <u>Vegetables</u> | <u>Fruit</u> | <u>Dry Snacks</u> |
|-------------------|--------------|---------------------|
| Carrot Sticks | Bananas | Crackers |
| Cucumber Sticks | Melon pieces | Rice Cakes |
| Sliced Peppers | Satsumas | Breadsticks |
| Cherry Tomatoes | Grapes | Raisins or Sultanas |
| | Apples | |

Lunch - We ask for a healthy food for lunch time. Healthy eating is a top priority for children in their Early Years as there is a direct link between nutrition and development. **We therefore ask that you avoid:**

- Chocolate treats and sweets
- Fizzy drinks / other sugary drinks
- ALL NUT PRODUCTS, including Nutella and Pesto.

We advise parents to put any perishable foods in a cool bag/include an ice pack to keep food fresh.

Children are encouraged to eat in a balanced way and staff sit with them, modelling good table manners.

Healthy Lunch ideas...

Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

Choose wholegrain

Use a thermos flask to keep pasta warm

Get kids involved in the choice

Support healthy eating

2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup

Add salad to your sandwiches

Use a thermos flask for delicious soups

3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard

Choose low sugar dairy products

Reduce sugar: choose plain yoghurt and have fruit on the side

4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

Keep processed meat to a minimum

Choose oily fish like salmon once every 3 weeks

5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie

Milk, water or 150ml juice

Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes

For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

www.phunkyfoods.co.uk

General -

- We ask every family to provide a labelled water bottle for their child each session and staff refill as needed.
- Children are encouraged to drink water, regularly throughout the day and will see staff doing this too.
- We promote the eating of savoury items first (e.g. Sandwiches or Rice), before any other 'treats' that have been included.
- Children can have 'hot' foods from home if you wish to send them in with a food 'flask'. We find these keep the food warm enough until lunch time. (We do not offer to reheat food).
- We have a 'Dentist' role-play with books, props and packaging that encourage dialogue and play focused on good oral hygiene.
- Staff initiate discussion about healthy eating e.g. Milk helps your bones to grow strong like a Super Hero!
- We use our outdoor area to grow vegetables, which are used to make tasty treats (e.g. strawberry milk shake) and each child is invited to be a taste-tester!

Updated: January 2025