



Pre-School Healthy Eating Guidance



At Wool Pre-School we encourage healthy eating in line with Early Years guidance (https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf). The following information aims to share how we strive to work with parents/carers to nurture and grow healthy food choices to benefit the children in our care.

Snacks and Drinks

We ask parents/carers to provide a healthy snack to eat when attending the morning session. This usually consists of a piece of fruit or veg. Milk and water is also always available for children to have as a drink.

We view this time as both a social time and learning opportunity. Our children are encouraged to help share the snack out between their friends and we talk about the food choice and how it is prepared.

Sometimes within our curriculum planning, children are also given opportunities to prepare ingredients/cook.

Lunches

We see lunch time as a wonderful opportunity to promote communication, language and independence skills. Children are encouraged to sit together at tables to have lunch and are supported by adults throughout.

At lunch time, we are able to offer a hot dinner, for a small fee. This is arranged with our hot school meals provider and it works on a three weekly cycle and includes three options which parents/carers can order and pay for in advance.

Alternatively, families may choose to send in a packed lunch from home. Where this is the preference, we encourage parents/carers as follows:

- To use containers which promote a child's independence and can be easily opened by them.
- To choose foods for a packed lunch which together provide a healthy and nutritiously balanced meal.
- Ensure the food is suitable for their child's individual developmental needs and

- prepared in a way to prevent choking which includes cutting items like grapes up lengthways to ensure they could not form a plug in the child's throat (<https://www.foundationyears.org.uk/2021/09/food-safety-advice-on-choking-hazards-in-settings/>).
- As per Early Years guidance, the pre-school does not have to provide refrigeration for packed lunches of children. The '4-hour rule' can therefore be applied (this rule allows food to be stored outside of chilled conditions for up to 4 hours, but this should only be done once during the entire storage).
- We would therefore recommend that parents/carers keep perishable items cool by packing them in insulated sealed bags.
- The pre-school will not reheat food brought in by children.
- The child's lunch bag should be clearly labelled.

Food Allergies and Intolerances

It is the parent/carer's responsibility to give written notification to the office (and update Arbor) of any food intolerances or allergies.

We are a 'nut aware' setting and ask that children do not bring any items containing nuts into the provision.

Please read the following policies for further information:

[School Catering and Nutrition Policy](#)

[First Aid, Supporting Pupils with Medical Needs](#)

Additional Information

The NHS Healthy Start scheme helps families from very low incomes to buy food and milk to support and encourages a healthy diet for pregnant women and children aged under 4 (<https://www.healthystart.nhs.uk/>).