**Food and Drink Policy**

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**Packed Lunches**

There are many websites which offer guidance to parents with suggestions for healthy lunches:

<https://www.nhs.uk/healthier-families/recipes/lunch/>

For healthy living advice:

<https://www.nhs.uk/healthier-families>:

There are several other websites which offer different tips on what to put in a child’s lunch box.

We have a statutory duty to promote good oral health and healthy eating. Some foods are prohibited at Preschool, please see the prohibited food list.

The children get about 30 minutes to eat their lunch so only put in the quantity they would eat at home. It is natural to worry that your child may get hungry and put more in. However, they will have had a snack in the morning and putting more in leads to waste.

We teach the children about what is a healthy diet. We use lunchtimes to discuss healthy foods and foods that are less healthy and should only be eaten on occasion. We will not allow the children to have more than one “treat” such as a chocolate biscuit or cake. Children will be encouraged to eat the healthier food in their lunch box first.

They are encouraged to learn about recycling, so disposable pots will go in the recycling and waste food in the green bin.

All children are given water at lunch time and fresh drinking water is available at all times.

**Additional Information**

* Highest standards of hygiene are maintained with respect to any preparation or handling of food. There is a separate kitchen for the preparation of healthy snacks. All staff involved in the preparation of food will receive training in food hygiene. Food hygiene matters are included in induction.
* Snacks must be healthy and nutritious. Fresh drinking water is available at all times.
* Information about dietary requirements is sought from parents/ guardians. Staff will record any requirements due to health conditions or cultural/ religious requirements.
* OFSTED must be notified of any food poisoning affecting two or more children looked after on the premises, within 14 days.
* Children are encouraged to learn about healthy eating during cooking and other appropriate activities.