



## Preschool Healthy Eating Policy

It has come to our attention that some children are not visiting the snack cafe in the morning, it is crucial that we all drink a certain amount during the day in order to stay healthy and we are concerned that some children are not drinking anything until lunchtime. With this in mind we are going to insist that children visit the snack table for at least a drink, however we will not force them to eat if they choose not to. Please could you talk to your child about the importance of drinking and tell them that the Aunties at preschool will be insisting that they have a drink.

Likewise we have noticed some children's lunch boxes could be more healthy and we ask that everyone read the Government guidelines for packed lunches below:

### Government packed lunch advice

The School Food Trust has produced packed lunch guidance to support the implementation of the new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

We have included nuts and peanut butter in this notice following advice from the local authority nutrition expert who confirmed that peanut butter is a good source of protein for children. We may allow nuts and peanut butter if we have no confirmed cases of nut allergies. If you suspect your child has any allergy it would help us if you could provide confirmation/information from a Doctor so we know how best to deal with this.

Thank you for your support in this.

Susan Gibbons  
Preschool Manager