



Preschool Snacks & Lunchtime

At some point, midway through the morning and afternoon sessions we have a substantial snack time. This is a very important part of our preschool routines and supports many areas of development and learning for the children.

The children are offered a choice of drink; either milk, milkshake, water or squash.

Whilst we respect there is a high sugar content in milkshake and squash, we also believe that encouraging children to drink milk and water is vital; to support healthy development. In our experience many children do not consume enough of either of these important nutrients throughout their time with us.

We are also aware that many of the children are with us for long periods during the day, often attending regularly throughout the week. Therefore to support our children to regulate their fluid intake, we offer a wide range of options. Both Milkshake and juice is diluted considerably, to limit the amount of sugar consumed.

To eat; the choice can be made from a range of healthy snacks for example, crackers, apples bananas, oranges, grapes, cheese, raisins and seasonal fruits or vegetables.

Throughout the academic year a number of food topics may take place for example during 'the world around us' topic we may look at another countries, perhaps India. As part of that project the children may take part in cooking a dish from that country, which we will prepare and eat at snack time. (during these projects the children may require a later lunch when they return home.)

Every half term we aim to enable the children to take part in a cooking activity. Each child has the opportunity to prepare and cook something, which they can take home at the end of the session. We usually alternate between a sweet and a savory dish. As part of the keeping healthy aspect of children's learning, the children are encouraged to follow basic hygiene rules when participating in these activities.

As always, the health and safety of our children is paramount, individual children's dietary requirements are met. It is vital that parents and carers keep us informed of their children's health and dietary requirements, to ensure we work together to keep our children safe and well.

Children sit together at lunchtime and eat their packed lunch, which they have brought in from home. We work closely with the children to understand about the food that they eat and the nutritional benefits.

We support and encourage the children to eat the healthy foods in their lunch box first before they consume the foods that are not so good for them.



Children are discouraged from eating their cakes, crisps, chocolate etc... until they have eaten the nutritious foods that parents/carers have provided for their child for that day.

Further information about healthy foods for children can be found online for example [Healthy Food for Kids - HelpGuide.org](https://www.helpguide.org/healthy-food-for-kids)

The link below has some good ideas as to how to create healthy packed lunches [Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families/lunchbox-ideas-and-recipes)

If you would like any further advice or ideas on lunchboxes, please chat to a member of staff, who will be happy to help.

Below are examples of foods that we consider Healthy and foods that you may decide to put in your child's lunchbox as a treat for after they have eaten their healthy lunch.

Healthy foods	Treat foods
<ul style="list-style-type: none">• Sandwiches (not chocolate spread)• Wraps• Quiche• Pizza• Pies• Pasta• Humous/dips• Crackers• Cheese• Eggs• Salad• Fruit• Yogurt• Cucumber	<ul style="list-style-type: none">• Crisps• Chocolate biscuit/bar• Cake

Please Note

We do not accept chocolate-based product eg **Chocolate brioche, chocolate pancakes, chocolate wraps** to be eaten in replace of a healthy option. If a child has these products in their lunch box instead of a healthy food type, we will replace the sweet foods with preschool cheese and crackers.

To support our children to eat a healthy balanced diet, if a child does not have any fruit in their lunch box, they will be given some fruit or cucumber from the preschool to eat with their lunch.