



# ST GEORGE'S PRE-SCHOOL HINTON ST GEORGE

Website: <http://saintgeorgespreschool.co.uk>

## Nutrition Policy

We aim to promote healthy eating within the Pre-school through activities and experiences we provide for the children, through communication with the children's parents/carers and the daily routines of the Pre-school.

We are committed to equality of opportunity (please see our Equal Opportunities Policy) and plan our programme to extend the children's experience and knowledge of other cultures, including daily life, celebrations and festivals, to include the different foods eaten.

We try to make the children aware of the different food groups and the need for a balanced diet through play and discussion. Play food in the home corner will reflect the healthy eating aims of the Pre-school.

Our registration form, which is completed by parents in respect of every child, asks the parents to record whether the child suffers from any allergies (including food intolerance) and whether the child has any special dietary requirements (eg, vegetarian, religious, cultural, medical).

Drinking water is available throughout the day and children may help themselves (the children are made fully aware of this when they join us).

We request that parents support us in our healthy eating aims when providing packed lunches for their children as follows:

- Food should be packed in a suitable and secure container, with their child's name on it.
- Drink should be in an unbreakable container with their child's name on it;
- Aim for a balance between food types.
- Avoid foods with high levels of artificial additives such as colourings or sweeteners as children can be highly sensitive to these. Such additives can severely affect their behaviour and/or make them sick.
- Aim to keep crisps and chocolate to a minimum so they are regarded as a treat.
- Sweets and fizzy drinks should not be included and will be removed from lunchboxes.
- Avoid any foods with a nut content as children with a severe allergy to nuts can suffer extreme reactions even through indirect contact;
- Fruit or vegetables and dairy snacks are encouraged.

We are of course conscious of parental choice and where possible will comply with parents' wishes regarding the above.

We aim to promote hygiene by ensuring children wash their hands before snacks or meals (for further information please see our Health and Safety Policy). We try to make snacks and meals sociable occasions with the children sitting down together in small groups. We also ask our staff when eating with the children to adhere to this policy.

Any uneaten food will be left in the children's lunch boxes so parents know exactly what and how much their child has eaten.

**This Policy was updated and re-adopted by the committee members of St George's Pre-school at a Policy Meeting held on 10<sup>th</sup> March 2009**

**Helen Harding (Chair) .....**

**Alison McNee (Secretary).....**