

Low Moor Centre, Bray Road, Fulford, YO10 4JG – Telephone 01904 849100

Healthy food and drink

# Purpose of Policy

Beehive wishes to promote healthy eating to ensure the best outcomes for our children and community. Snack and lunch time are important times of our day and a chance to learn about healthy eating.

**Procedure to follow**

*Admissions*: When a child joins Beehive, it is vital that parents inform staff of any allergies, dietary requirements, intolerances or general preferences/difficulties with food. We want to work with you as parents to ensure your child’s safety and nutrition. Allergy/dietary information is stored in your child’s file as well as being on display in the kitchen to ensure that all staff are aware.

*Snack*: A morning and afternoon snack is provided daily. This is usually a range of fruit and cheese or sometimes a bread-based snack. If a child has brought in a birthday treat for children to share, this is also shared at this time or taken home with children. All provided snacks are vegetarian.

*Packed lunch*: Parents provide a healthy packed lunch for their child. As advised in our Honey Pot Lunch Pot information, we promote healthy eating and encourage children to eat their lunches. We also work with families and if for example you would like your child to eat a certain food item first, please let us know. We strongly advise water rather than juice to be provided and to avoid sugary items such as chocolate. If you would like to give your child something sweet to eat, we recommend fruit or a fruit-based dessert, such as a fruity bake or fruit-based biscuit rather than a chocolate biscuit.

*Nuts*: We are a nut-free environment. If an item does not have nuts listed as an ingredient, but says “may contain nuts” it is currently permitted as we have no children with nut allergies, but as we have a staff member with a peanut allergy, peanuts must be avoided.

*Curriculum and resources*: We have displays informing children about healthy eating and also play games which help teach the children about different food groups. We also may use food in our play to help children with sensory issues develop their understanding and comfort with food, such as feeling different textures in food.

This policy was adopted at a meeting of Beehive Pre-school playgroup held on ………..…

Signed on behalf of the pre-school………………………………………………