



Brenchley Preschool

Food and Nutrition Policy

At Brenchley Preschool we are committed to promoting healthy eating habits and ensuring that all children receive a nutritious and balanced diet whilst in our care whilst also ensuring that healthy eating is part of our curriculum. In accordance with the updated Early Years Foundation Stage (EYFS) Nutrition Guidance released in May 2025, we ask parents/carers to provide a healthy packed lunch.

We develop our policy in partnership with children and give children choices wherever possible. We ensure that lunchtimes are a calm and positive part of our day. While we never pressure children to eat, we gently encourage them to try a range of foods and celebrate healthy choices.

What We Provide

We provide healthy snacks during the day such as fruit, vegetables, breadsticks and milk or water. Parents are responsible for providing their child's packed lunch on days they attend over lunchtime. Our snack times and lunch times are spread out throughout the day at the following times:

Morning snack: Teddies: 9:30 – 10:00 am. Rainbows: 9:45 – 10:15 am.

Lunchtime: Teddies: 12:00 – 12:45 pm Rainbows: 11:45 – 12:30 pm.

Afternoon snack: Teddies: 14:15 – 14:45 pm. Rainbows: 14:30 – 15:00 pm.

Breakfast Club

Breakfast club is offered 7:30 – 9.00 am where the children eat a variety of wholegrain and low salt/sugar cereals such as porridge and Weetabix alongside toast with spread such as marmite or honey.

Twilight Club

Twilight club is offered 15:30 – 18:00 pm where a nutritious light tea is provided if staying after 16:30

Packed Lunch Expectations

We will check all packed lunches during the morning before lunchtime the named person responsible for this is Claire Thake.

We kindly ask that packed lunches include:

- **A portion of starchy carbohydrates** (e.g., bread, pasta, rice or wraps).
- **At least one portion of fruit or vegetables.**
- **A source of protein** (e.g., meat, eggs, beans, lentils or fish).
- **A dairy item** (e.g., cheese, yoghurt or a suitable alternative).

We ask that the following items are avoided

- Confectionery of any description, cakes, marshmallows and popcorn.
- Sugary drinks including artificial sweeteners – water is the best drink for children with food.
- Foods high in saturated fat, salt, and /or sugars (e.g., crisps, puffs, sausage rolls).
- Sweetened yoghurts and fromage frais including non-diary alternatives.
- Processed meat products (e.g. sausages, sausage rolls, chicken nuggets, fridge raiders, peparami/salami) should be limited to once a week as these products can be high in saturated fat and salt.

Traffic Light food labels

To help with making decisions about the healthy options for foods to provide use the traffic light symbols on food packaging:

Red – High, **Amber** -Medium, **Green** – Low.

In general food or drink that has mostly greens on the label is a healthier choice.

Portion Size

A portion size refers to one part of a meal for younger children a portion size is usually roughly the size of their clenched fist. Parents/Carers should monitor their child's appetite and adjust portion sizes to make sure your child gets enough energy and nutrients.

At Brenchley Preschool we will avoid making children finish everything in their lunch box or on a plate and will not offer rewards for doing this.

Food Safety and Storage

Please note that we do not have the facilities to reheat or refrigerate food.

To keep packed lunches safe and fresh:

- Use an insulated lunch bag or box, clearly labelled with your child's name.
- Include ice packs to keep perishable items cool.
- If sending a warm meal, please use a child-friendly food flask designed to retain heat.

Allergies and Dietary Needs

To ensure the safety of all children:

- Please do not include any food items containing nuts, as we are a nut free setting.
- Inform us of any dietary needs or allergies your child has (This information is required before your child starts at Brenchley Preschool however we must be notified of any changes to your child's dietary needs or allergies). This also includes cultural preferences.

Mealtimes are a calm and social part of our day. We are a packed lunch setting and this in itself can introduce children to a new range of foods that they see other children enjoying.

Staff sit with the children during lunchtime to model eating, behaviour and to support opening containers etc.

We provide gentle encouragement for children to try new foods in a pressure-free way. Staff supervising mealtimes will sit facing the children and will always be within sight and hearing of them to help prevent choking.

The staff have all completed 12 hour paediatric first aid training.

Celebrations

Brenchley Preschool value children's birthdays, families are welcome to bring in a birthday cake or to celebrate by bringing in a non-editable option such as bubbles or stickers. If you choose to bring in a cake or sweet treat, we ask that you purchase from a reputable retailer and bring it in still in the original packaging with the ingredients list on it. We also ask that you double check dietary requirements with us before providing any cakes or sweet treats.

If we are celebrating a child's birthday with a sweet treat, we will ensure that we do not plan any sweet baking activities during the same week.

Cooking and Learning about Food

Cooking and learning about food is a key part of the curriculum. We teach children about healthy and fatty foods and encourage them to make good choices.

When cooking with children we make sure we are cooking with a range of different foods and will not cook sweet treats during the same week as a sweet treat has been brought in by a parent.

We also use story time to explain about healthy eating by reading stories such as 'The Hungry Caterpillar' and 'Handa's surprise.'

Food Safety and Hygiene

Brenchley Preschool ensures that all staff have completed level 2 food hygiene training, this is regularly kept up to date in line with environmental health regulations. Staff are made aware of children's dietary needs which are also recorded on an allergies and medications list in the Kitchen, beside the snack bar trolley, in the incident folder and medications folder.

- For further information please also refer to the Healthy and Safer Eating Policy.

Legal Framework

- Early years Foundation Stage Statutory Framework September 2025.
- Early Years Foundation Stage Nutrition Guidance May 2025.

This Policy was reviewed at a Management Meeting held on 1st September 2025.



Mrs Victoria Relle – Chairman of Brenchley Preschool



Brenchley Pre-School Limited

Food and Nutrition Policy

| Staff Member | Signature | Date |
|--------------|-----------|------|
| Sian | | |
| Helen | | |
| Zena | | |
| Kirsty | | |
| Trina | | |
| Elaine | | |
| Claire | | |
| Eryn | | |
| Lucy | | |
| Lizzie | | |
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