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**Snacks**

All children are provided with a fresh drink of milk or water and snack mid-morning and mid-afternoon. Our snacks are nutritious and help form part of a healthy eating lifestyle. We also use snack time as an opportunity to talk to the children, teaching children to take their turn, letting the children ‘have a go’ such as pouring their own drink and tidying plates away and teaching the children ‘table manners’.

**Drinks**

Water is available at all times in water dispensers and by the children asking a member of staff. Children are encouraged to drink plenty of water this is especially important during hot weather. A choice of water or milk is provided during mid-morning and afternoon snack. Water is also provided to all during lunch.

**Lunch**

Hot dinners are available at parent request, pre-booking is essential. Hot dinners are provided by Appetito and cooked on site. All hot dinners are nutritionally balanced and healthy (copies of the dinner menus are available).

**Packed lunches**

All packed lunches must be in a suitable clearly named lunch bag/box, with a cool pack if necessary.

**Example of what could be included within a packed lunch (taken from School Food Trust)**

-Sandwich (filled with cheese, sliced meat, egg or grated carrot) or for a change why not swap a sandwich for pasta, rice, or couscous. Slices of bread could also be swopped for rolls, pitta bread, bagels or naan bread.

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-At least one portion of fruit and/or vegetables. (carrot, cucumber, pepper sticks, dried fruit, or some fresh fruit). **Grapes must be cut in half lengthways to prevent a choking hazard.**

-A portion of dairy: cheese (this can be provided by cheese in a sandwich) or a yogurt or fromage frais.

Ladybird Pre-school supports and promotes healthy eating, we discourage packed lunches that contain processed and sweet foods (eg crisps, sweets and chocolates). We reserve the right to return excessive amounts of these foods.

**Drinks at lunchtime**

All children are provided with water at lunchtimes. If you would like to provide your child with their own drink then please use a clearly named bottle with either fruit juice (diluted half juice, half water) or water – no fizzy drinks.

**Special Occasions**

Although we promote healthy eating we understand that there are times – celebrations, treats, cooking sessions – when the children will partake in more processed and sweet foods. We will limit these within the setting and encourage parents to limit them in their home life.