**CAPEL PRE-SCHOOL** Reg Charity No: 271366

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**Healthy Eating and Packed Lunch Policy**

 **Aims**

Capel Pre-School aims to adhere to the Government’s Guidelines on healthy eating. The Statutory Framework for the Early Years Foundation Stage states that: ‘Children must be helped to understand the importance of physical activity, and to make healthy choices in relation to food’. Therefore Capel Pre-School will continue to teach and discuss aspects of a healthy lifestye, of which eating is one. Pre-School staff will obtain information from parents about any special dietary requirements, preferences and food allergies that a child may have. We hope you can support our efforts to help the children make healthy choices.

 Stated on the packed lunch guidance ( please see attached guidance list), are our suggestions for a healthy packed lunch.

**Snack time**

At Pre-School we run a snack bar system during the morning s and afternoon sessions and provide healthy, balanced and nutritious snacks. The table is laid with a bowl of fruit e.g, apple,banana, pear, orange or bowls of vegetables e.g, carrot, cucumber, tomatos. Plates, cups, milk and water are also available. All children are encouraged to use the snack bar and may return for more if needed. Fresh water is available at all times.

**Contents of a packed lunch**

Capel Pre-School will provide a place and adequate time for the children to eat a packed lunch and ensure that fresh water is readily available at all times. As fridge space is limited at Pre-School, you are advised to send packed lunches in insulated bags with freezer blocks, where possible, especially during Summer.

The Pre-School will encourage parents to use the guidelines attached for a healthy packed lunch.

**We feel as a Pre-School that consideration of these guidelines will support the whole of the Pre-School community in developing healthy eating habits.**

**Other issues:**

**Please do not include sweets and chocolate bars in a packed lunch box.**

We do not expect sweets to be eaten in Pre-School.

**Please do not include crisps in a packed lunch box every day.**

Good alternatives are savoury crackers or breadsticks.

 We hope that the inclusion of cake would be limited.

 High fat meat products such as sausage rolls, pies, canned meat and sausage should only be occasionally.

**Please remember to avoid nuts as we are a nut free Pre-School**

**A healthy lunch gives children the energy they need to learn and play for the**

**rest of the day.**

**Capel Pre-School Packed Lunch Guidance for Parents**

**Practical tips for a healthy packed lunch.**

**\*Involve your child in choosing and preparing their packed lunch.**

**\*Keep food fresh by adding a small freezer ice pack.**

**\*One child's portion size of fruit or vegetable is roughly the amount they can**

 **hold in their hand.**

**\*Try to vary fillings for sandwiches and also try to add some salad.**

**\*Swap to wholegrain bread, or use one slice of white and one of brown,**

 **using different types of bread makes a sandwich more interesting.**

 **Please note**

**\*Waste or uneaten items are taken home in their lunch bag.**

**\*Children are encouraged not to share as some children may have dietary**

 **needs.**

**\*Try pasta, rice, bean salad, instead of a sandwich.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Choose 1 item** | **Choose at least 2** | **Choose 1 item** | **Choose 1 Item** | **Drink** |
| SandwichCrackersBagelBread RollPastaWrapPitta BreadRiceSausage RollBean Salad | BananaApplePearMangoStrawberriesTomatoCarrotCucumber | CrispsCheddar BiscuitsTwigletsCakeBiscuitDried Fruit | YoghurtYoghurt DrinkSmoothie | Water |

Suggested Sandwich fillings; Ham, Chicken, Beef, Pork, Egg, Salad, Cheese.

Small packets of crisps only please.

**Thank you for your co-operation!**

 **For more information and advice please visit:**

[**www.eatwell.gov.uk/agesandstages/children/lunchboxsect/**](http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/)

[**www.change4life.com**](http://www.change4life.com)

[**www.healthylunch.org.uk**](http://www.healthylunch.org.uk)

[**www.netmums.com/food/lunchbox\_ideas.101/**](http://www.netmums.com/food/lunchbox_ideas.101/)

[**http://www.nhs.uk/conditions/pregnancy-and-baby/pages/understanding-food-groups.aspx#close**](http://www.nhs.uk/conditions/pregnancy-and-baby/pages/understanding-food-groups.aspx#close)