

## **HEALTHY SNACK & LUNCH POLICY**

**Highway Day Nursery is committed to provide varied and healthy nutritional snacks and lunches throughout the week to encourage children to try new flavours and foods in a relaxed way.**

**We aim to buy fresh food whenever possible and prepare snacks with fresh wholesome ingredients.**

**We aim to follow the National guidelines on Healthy Eating laid out in Setting the Table document.**

**Lunches follow the school menus and we purchase the main meals from the SBC kitchen at Chirnside which follows all the current government guidelines on nutrition and healthy eating. This is a 4-week rolling menu throughout the year which changes in the Spring & Autumn.**

*We aim to:*

- Put the snack & Lunch menu on display for parents information (also emailing copies )- any recipes or ingredients will be available for parents to see if they wish
- We co-ordinate our snack list with lunches
- The weekly menu will provide children with a varied and healthy diet.
- All children will be offered suitable food: this includes children with special dietary needs and allergies.
- Offer fresh fruit and vegetables everyday
- When appropriate to give a choice e.g. by offering more than one type of fruit or different spreads etc.
- make the snack time a learning process for them as they follow the simple routine:
  1. Wash hands
  2. Find a cup and plate
  3. Pour your own milk
  4. Choose / make your own snack
  5. Sit at the table and eat nicely
  6. Make snack time as relaxed as possible
  7. Tidy your space
  8. Post your name card as you leave.
- Allow the children to make as much of their own snack as possible giving them choice, i.e. make their own sandwich, mix their own cheese & pasta; baking.  
*(A lot of this has been done by adults over the Covid restrictions)*
- Staff are always with the children demonstrating and modelling how to use cutlery, learning to spread and explaining what cutlery is needed.
- Sitting with the children talking about their snack and generally taking an interest in the children modelling how to have conversation and learning table manners as we help them pass things and take turn in conversations
- Children will learn where the food comes from, how it may be produced and how it can help keep us healthy.
- Milk or water will be offered to drink with every snack and at lunch time – and if able they can pour their own.

- We will often try to follow our topics for new snack ideas. E.g Learning about grain harvest we will bake bread; choose different cereals etc.
- Offer foods with many different textures and flavours from a variety of countries.
- Involve parents when willing and have special times when we ask for the children's favourite foods to be brought in to share with their friends.
- Find interesting ways to encourage children to try new things – tasting times
- Grow some of our own fruit and vegetables to harvest and eat.
- We will work with Parents of children on special diets but they may be asked to provide some food themselves.
- All children with special dietary requirements and allergies will be put on the list by the snack area to ensure all staff are aware of their needs
- Parents or guardians will be advised if their child is not eating well.
- We will always try to find something healthy for every child to enjoy
- We will encourage all children to play outside at some point everyday.