

Food and Drink Policy

Burwell Early Learners CIO (BEL) regards snack and meal times as an important part of the day. As a setting we advocate and promote a healthy eating approach. Eating represents a social time for children and adults and allows children to learn about healthy eating.

We have used guidance from the early years foundation stage nutrition guidance which has been produced by the Department for Education.

We ask you to provide a snack for the morning and a packed lunch if required. In the afternoon your child will be offered milk or water, a snack is not required.

We cannot guarantee we can store lunchboxes in the fridge on busy days so please use a ice pack, can we ask that you provide easy to open containers that promote children's independence and request that all lunchboxes and containers are clearly marked with your child's name, and regularly cleaned. For storage purposes can the lunchbox not be too large.

It is our regulatory obligation to encourage healthier food choices for snack and packed lunches.

For **snack** provide one of the following only

- Fresh fruit
- Fresh vegetables
- Plain rice cakes
- Bread sticks
- Cheese
- Yogurt- ideally unsweetened

Packed lunches need to contain a variety of nutritious foods that are easy for your child to eat independently and prepared to meet their development stage.

A **packed lunch** can include a selection of the following.

- A starchy or carbohydrate source of food e.g bread or a bread alternatives like pitta bread, wrap etc , pasta , rice, cous cous , potatoes, grains, crackers
- A protein e.g as a sandwich filler or in pasta, meat, poultry, fish, eggs
- A portion of fresh vegetables
- A portion of fresh fruit
- A dairy option, cheese, yogurt, fromage frais these should ideally be unsweetened

Occasionally can include

- Pastry product e.g sausage roll
- Small bag of crisps
- Biscuits
- Small cake

Do not include

- Products containing nuts
- Processed products e.g fruit pouches, fruit bars, fruit gummies (these have a very high sugar content)

- Dried fruits
- Popcorn
- Marshmallows
- Sweets
- Chocolate
- Fizzy drinks

When packing your child's snack or lunch have awareness of portion sizes for children, these should be appropriate for a child's body size and appetite, for toddlers, portion size is usually roughly the size of their clenched fist.

Please ensure that you have made us aware of any food allergies or intolerances and completed a food allergy form.

When children have their lunch we will encourage the children to start with their most savoury items first but they are also ok to eat their lunch in any order.

If your child has any food related issues please speak to your child's keyperson so we can work together regarding these.

We are unable to reheat food or drinks.

Drinks

In setting we provide milk or a milk alternative and water for snack

Your child is able to bring in a water bottle daily, this should ideally contain water only, but as we prefer children to stay hydrated throughout their time in setting we will allow very weak squash and work towards becoming just water. If a bottle needs refilling this will be water only.

Water is available throughout the whole day.

Activities

Occasionally we may do activities that involve food, we aim for these to be as healthy as possible, at times in setting we have 'party/celebrations' that may be an exception to this and we allow within reason less healthy options to be provided.

Birthdays

If you would like your child to give out something to celebrate their birthday, we encourage this to be a non food item e.g stickers/bubbles. You are able to help your child do this outside the setting at drop off or collection time. This would be your responsibility and not BEL's to facilitate this.