

## 03 Food Safety and nutrition procedures

### 03.3 Snack and packed lunches

#### Snack

Food supplied by Pewsham Preschool for snack are chosen to ensure they are healthy and nutritious.

Children will be offered one fruit or vegetable option each day, along with a carbohydrate option that is low in sugar, salt and saturated fats.

Children are also offered a choice of either water or milk which they are encouraged to pour themselves from a jug and drink from a handled cup.

#### Packed Lunches

Children who attend an afternoon session have lunch incorporated into the session.

Pewsham Preschool does not provide lunch and therefore children must be provided with a packed lunch from home. The preschool does not have the facility to keep lunchboxes in the fridge, so parents are advised to take measures to ensure children's lunch box contents remain cool, i.e. use of coolbag style lunch boxes and cool packs.

In line with government guidance we encourage parents to pack a healthy, balanced and nutritious lunch for their children.

Advice and tips on how to pack a healthy lunch box can be found on the NHS Healthier Families website, [www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#tips](http://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#tips).

Confectionery items, such as solid chocolate bars and sweets are not permitted at preschool. If your child has either of these in their lunchbox it will be removed and given back to you at the end of the session.

To help reduce the risk of choking we also request that parents/carers give thought to how food in your child's lunchbox is prepared. Particular attention being paid to size and shape of food.

As a general rule food should be cut into narrow batons, avoiding round shapes that could easily block a child's airway. Full advice on Early Years Choking Hazards can be found on The Food Standards Agency website, [www.food.gov.uk/sites/default/files/media/document/Early%20Years%20Choking%20Hazard%20Table English.pdf](http://www.food.gov.uk/sites/default/files/media/document/Early%20Years%20Choking%20Hazard%20Table%20English.pdf)

The above poster will also be shared with all new parents as part of our induction pack.