



## **McMillan Nursery School**

### **SNACK POLICY**

At McMillan Nursery School, we regard snack and lunch times as an important part of the children's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. To help us comply with government initiatives and for the general well-being of the children, we adhere to the following guidelines:

- At snack time, we aim to provide healthy and nutritious foods which meet the children's individual dietary needs.
- For the lunch club sessions, children are expected to bring a balanced packed lunch with them.

#### **Procedures**

- On admission, we enquire about information about your child's medical, cultural and/or dietary needs - including any known allergies. This information is recorded on a registration form and signed by parents/carers. We ask that parents advise the setting of any changes to their children's dietary needs - including allergies.
- To ensure continuity of care, we display current information about individual children's dietary needs (in the kitchen area) so that all staff and volunteers are fully informed about them.
- We provide children with food and drink that is consistent with their dietary needs and healthy preferences.
- We take care not to provide foods containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. To avoid the risk of a child with a known nut allergy being exposed to nuts during a lunch club session, we ask parents not to provide packed lunches that include nuts or nut products (e.g. snack bars, peanut butter, pesto).
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Through discussion with parents and research reading by staff, we obtain

information about the dietary rules of the religious groups to which children and their parents belong, of vegetarians, vegans and about food allergies and intolerances. We take account of this information in the provision of food and drinks.

- We organise snack and lunch times so that they are social occasions in which children and staff participate but we also have fruit available at all times. Children participate in the preparation of snacks and learn about hygiene and eating healthily.
- We have fresh drinking water available for the children throughout each session. We inform the children about how to obtain the water and help them if necessary.
- We inform parents about our snack provision and lunch time.

### **Snacktime**

Drinks and snacks provided are of low salt, sugar and fat content where possible.

Snacks include fresh fruit and/or vegetables with a carbohydrate accompaniment such as wholemeal bread, crackers, bread sticks or cereal.

A choice of fresh milk (semi-skimmed) or water is supplied to drink.

### **Lunchtime**

We ask parents to provide a healthy balanced lunch for their children.

We suggest:

- Sandwiches – small with children's favourite healthy fillings
- Yoghurts
- Savoury snacks
- Fresh fruit/vegetables – we can chop or peel if necessary
- Other suggestions: dried fruit, cold meats, pasta or rice salads, raw vegetables with dips, jellies

Please, NO NUTS of any kind!

If we have a child with a severe allergy; food items may be restricted.

**Cooking and special occasions**

Special celebrations such as Pancake Day, multi-cultural festivals or sensory tasting activities in line with current themes may allow for small amounts of food to be tasted. Cooking activities will be a mixture of healthy foods or treats which we will use to discuss and then send home for parents to decide if their children are able to eat them.

This policy is reviewed annually, in September.