



Next Steps Pre-school of Elms Vale, Church Road, Dover, CT17 9LW
Tel: 01304 226234
Registered Charity No. 1156391

Healthy Eating Lunches and Snack Policy

At Next Steps preschool, we wish to promote the right environment for our children to understand the importance of making healthy food choices. The lunches and snacks represent at least a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children.

Aims

To make sure that children who are coming into the setting have food that is just as healthy and nutritious that is regulated by national standards.

To give clear guidance to parents, carers, children and staff on how we work together to provide a healthy packed lunch and snack. We believe that a healthy lunch can contribute to the health of children and needs to be consistent with the nutritional standards provided by Early Years Nutritional Guidelines.

The policy applies to all lunches and snack consumed within preschool.

Development of policy

This lunch policy has been developed through contributions from parents and staff, and in consultation with staff, children and managers. The policy was drawn up using a range of national documents.

The preschool will continue to work with parents to ensure packed lunches and snack at Next Steps preschool abide by this policy.

Content of Packed Lunches

Fruit and vegetables; at least one portion of fruit, vegetables or salad a day. (grapes are not allowed at preschool due potential coughing hazard)

Carbohydrates: starchy food such as bread, pasta, rice, couscous, noodles, potatoes (not fried)

Dairy; food such as milk, cheese, yoghurt, fromage frais, or soya products

Drinks; water, pure fruit juice (no added sugar), milk, yogurt

drinks or smoothies.

An un-iced cake or small packet of biscuits – not to contain chocolate

Sandwich fillings to be savory only - no jam, honey or chocolate spread

All lunches will be age appropriate, so that the child can eat independently as possible.

Age-appropriate crisps or snacks

The following should not be included in lunches or snack

Fried food

Chocolate, including chocolate spread and chocolate chips

Nuts or nut products

Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which contain high levels of caffeine and other additives which are not suitable for children)

Confectionary such as chocolate bars, chocolate covered biscuits and sweets.

Cooked food, such as pasta, rice, meat etc. cannot be reheated on the premises.

Special Diets and allergies

We ask parents for information regarding their child's diet or any allergy information, so that we can cater for them individually for this reason, and children are not permitted to swap food items. As some children in preschool may have nut allergies, we do not buy any product that contain them.

Staff

To support a whole preschool approach, staff are encouraged to comply with this policy when bringing in lunches and eating with the children.

Facilities for Lunches and Snacks

We will:-

1. All snack products are stored in the fridge and until used and dates are checked each time a snack is serviced
2. Make sure all Children have access to drinking water at all times (Early Years foundation stage)
3. Semi Skimmed cow's milk is available at snack time for all 2-5 year olds (provided by Next Steps preschool).

Snack Snacks will be offered between meals to ensure children receive appropriate levels of energy and nutrition, for example at mid-morning and mid-afternoon.

Monitoring To promote healthy eating, we will regularly monitor the content of lunches and snacks. We will talk to parents/carers where necessary and offer guidance on healthy lunches and snack. If lunches are not deemed to meet nutritional standards parents will be advised on changes that need to be made. Water and milk will be provided. There is now an Early Years nutritional guidance which as a provider we should follow

Birthdays and other celebrations We welcome the sharing of Birthdays but do not have any cakes in the setting due to diet and allergies of some children

Working with parents and carers We hope that all parents and carers will support this lunch and snack policy. We will offer advice and guidance to parents and carers on lunches and snack if required. We can offer a range of ways to support parents/carers e.g. information sheets, meetings, workshops, emails etc. Children on special diets following verified medical advice will be given due consultation.

Healthy Eating policy was adopted in Sept 2025

Reviewed in Sept 2026

Signed of behalf of management committee.....

Name of Signatory. Virginia McCarthy

Role of Signatory Manager