



Healthy Eating Policy

The Barn Preschool provides healthy, nutritious, and balanced food and drinks. Food and drink are safely prepared with regard to the dietary and religious requirements of the children in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child.

Information regarding food allergies is recorded on the Allergy Information Board which is visible to staff whilst food is being prepared.

The Barn preschool promotes healthy eating and leads by example. Staff responsible for food preparation, handling and storage have received appropriate training.

- We provide suitable healthy snacks for all the children.
- Children are encouraged to develop good eating skills and table manners.
- All children are given plenty of time to eat.
- Where appropriate, children are involved in planning and preparing food and snacks.
- Fresh drinking water is always available.
- Milk/milk alternative is available at snack time.
- Staff discuss with children the importance of a balanced diet where appropriate.
- We do not regularly provide sweets for children.
- We limit access to fatty or sugary foods.
- If you are sending your child with a packed lunch, please can you ensure there are no fizzy drinks, sweets, chocolate bars, or nuts. (One small chocolate biscuit is ok i.e., 2 finger KitKat or a piece of cake etc)
- Fruits like grapes, need to be cut lengthways to reduce the risk of choking.

Please have a look at the link below which has some useful tips

[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families/lunchbox-ideas-and-recipes)