



Meals and Snacks Policy

Tytherington Pre-School

Policy Statement

Tytherington Pre-School recognises the importance of healthy eating and positive mealtime experiences in supporting children's health, wellbeing, growth and development. We aim to provide a calm, social and inclusive environment where children can enjoy eating and drinking safely.

As children bring their own fruit snack and packed lunch from home, we work in partnership with families to encourage healthy choices and ensure all food brought into the setting supports children's wellbeing and safety.

Aims of the Policy

- Promote healthy eating habits from an early age.
- Ensure all children are safe during snack and mealtimes.
- Support children with allergies, dietary requirements and cultural preferences.
- Encourage independence and positive social interaction.
- Provide clear guidance for families regarding suitable packed lunches and snacks.
- Maintain high standards of hygiene and food safety.

Snack Time

Children are asked to bring a piece of fruit or healthy snack to preschool each session.

Suitable snacks may include:

- Fresh fruit
- Vegetable sticks

We ask parents and carers not to send:

- Sweets or chocolate
- Crisps
- Fizzy drinks
- Energy drinks
- Nuts or nut-based products (where applicable)

Fresh drinking water is available to children throughout the session.

Packed Lunches

Children attending lunch sessions should bring a clearly named packed lunch.

We encourage balanced lunches that may include:

- Sandwiches, wraps or pasta
- Fruit and vegetables
- Yogurt or dairy alternatives
- Healthy savoury snacks

We discourage:

- Excessive sugary foods
- Chocolate bars and sweets
- Fizzy drinks
- Fast food items

Parents are responsible for ensuring packed lunches are fresh and stored safely before arrival.

Allergies and Dietary Requirements

Tytherington Pre-School takes allergies and dietary needs seriously.

We will:

- Obtain information regarding allergies and dietary requirements before a child starts.
- Share relevant allergy information with staff while maintaining confidentiality.
- Take reasonable steps to reduce the risk of exposure to allergens.
- Ensure staff are aware of emergency procedures and medication requirements.

Parents must inform the preschool immediately of any new allergies or dietary needs.

Where a child has a severe allergy, individual healthcare plans and risk assessments will be followed.

Food Hygiene and Safety

Staff will:

- Wash hands before handling food.
- Encourage children to wash hands before eating.
- Follow appropriate hygiene procedures.
- Supervise children during snack and mealtimes.
- Ensure tables and eating areas are cleaned appropriately.
- Monitor food brought into the setting where concerns arise.

Food will not be reheated on site unless agreed as part of an individual care arrangement.

Choking Prevention

To help reduce choking risks:

- Children will always be supervised while eating.
- Staff will encourage children to sit while eating.
- Food items considered high risk may be refused or adapted.
- Grapes, cherry tomatoes and similar foods should be cut lengthways where appropriate.

All staff hold relevant paediatric first aid qualifications or have access to trained staff on site.

Special Celebrations and Treats

We understand families may wish to celebrate birthdays or special occasions.

Any treats brought into preschool must:

- Be shop bought where possible
- Be in sealed packaging with ingredients clearly labelled
- Be agreed with staff in advance

Due to allergies and dietary requirements, staff reserve the right not to distribute food items brought into the setting.

Promoting Positive Mealtimes

Staff will support children to:

- Develop independence during mealtimes
- Try new foods without pressure
- Learn good table manners

- Enjoy social interaction with peers
- Respect cultural and dietary differences

Mealtimes will be calm, positive and inclusive.

Parents and Carers

We ask parents and carers to:

- Provide healthy snacks and balanced packed lunches.
- Clearly label all lunch boxes and drinks bottles.
- Inform the preschool of any allergies or dietary requirements.
- Avoid sending foods containing nuts where requested.
- Ensure food is suitable for their child to eat independently.

Monitoring and Review

This policy will be reviewed annually or sooner where necessary to reflect changes in legislation, guidance or preschool practice.

Policy Adopted: _____

Review Date: _____

Signed: _____

Position: _____