

Food and Nutrition Policy / Packed Lunch and Snack Policy (Effective from 1st September 2025)

All Stars Childcare Food and Drink Provision

At All Stars Childcare we aim to implement a whole setting approach to healthy eating to improve the health of children, their families and our staff. We will educate children with knowledge about healthy eating to enable them to make healthy choices that lead to a healthy lifestyle and develop them to their full potential. We provide children with a range of opportunities and activities to help them learn about healthy food and drink choices.

All our meals are prepared in our own Nursery 5 Star hygiene rated kitchen by our qualified cook and menus are designed to be low in fat, salt and sugar. Children have access to fresh fruit and vegetables on a daily basis. Snack and meals times are seen as a fun opportunity to extend children's learning in a social situation.

The aims of our policy are:

- To enable healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy, balanced and nutritious food and drink choices throughout the day and ensure that any food brought from home complements this
- To ensure that all aspects of food and drink promote the health and well-being of the children, staff and visitors at our setting
- To ensure that the food is nutritionally appropriate to the age/stage of each child
- To provide a safe eating and drinking environment.

Menu Planning

The menus are planned to provide children with a healthy, balanced, nutritious, tasty and varied diet. All children will have food/drink provided, suitable for their age/stage of eating.

The introduction of a weaning menu ensures that babies under 12 months receive a balanced diet that does not exceed a daily allowance, such as salt and sugar.

Our menus are displayed in our reception area and copies can be sent out upon request. A range of nutritious meals from different cultures ensures that children encounter different tastes and all children have the opportunity to try unfamiliar foods. We offer children with dietary needs, a similar and suitable meal. We also offer vegan/ vegetarian options.

Drinks

Fresh drinking water will always be available for all our children. We ask that you bring a suitable drinking bottle from home and the water will be replenished accordingly throughout the day.

We provide our children with a daily cup of milk; we use full fat milk for children under 1 yrs old and semi-skimmed milk for older children.

Packed Lunch and Snacks Policy

Packed lunches and snacks

We do not normally permit parents to bring packed lunches to our Nursery for their children. This is because:-

- we do not have the space to store packed lunches and snacks acceptably to meet food safety standards.
- the safe preparation, packaging and eating of the packed lunches is out of our control
- despite supervision, it can be unsafe for children with food allergies
- when meals are provided from a variety of sources, it is unrealistic to provide one to one supervision to cover all eventualities during mealtimes.

Snacks

Snacks can be an important part of the diet of young children and can contribute positively towards a balanced diet and the daily energy and nutrient needs. However, All Stars Childcare discourages parents from providing sugary snacks. Instead, we encourage parents to provide a range of fruit, or a starchy snack such as crackers. We ensure the snacks we provide are healthy and nutritious by offering a wide range of fruits and vegetables including familiar fruits and vegetables such as: Apples, bananas, pears, oranges, cucumber, grapes, carrots, peppers, tomatoes and melon, as well as introducing unfamiliar fruits such as kiwi and mangoes.

We only permit parents to supply packed lunches / snacks in association with their Government funded places during term-time and these must meet our strict conditions.

If parents wish their child to have a packed lunch or snack, for health and safety reasons they must: -

- Adhere to this Food and Nutrition Policy
- Provide healthy and nutritious food in a sealed container clearly marked with their child's name
- Ensure each item of the packed lunch is clearly marked with labelling which shows a list of ingredients and nutritional value so we can be sure that our children who have food allergies are going to stay safe in our care.
- We discourage packed lunches that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.

We reserve the right to return food to the parent as a last resort.

We have children within the setting that have a severe nut allergy and require the use of an Epi pen, so it is vital that we know about all food ingredients brought into the nursery.

We would encourage parents to think about sending items such as: sandwiches with a healthy filling, fruit, and milk based desserts, such as yoghurt or crème fraîche.

Parents that choose to bring meals/ snacks from home should bring the meals at the times below:

Meal/snacks	Time of drop off at nursery
Breakfast/ snack	When you drop your child at nursery
Lunch	No earlier than 11.15am but no later than 11.30am
Tea	No earlier than 3.45pm but no later than 4pm

This policy was adopted on	Signed on behalf of the nursery	Date for review
July 2025	Lisa Sutcliffe	July 2026

