



Humpty Dumpty Pre-School  
The Scout Hut  
Eastfield Lane  
Ringwood  
Hampshire  
BH24 1UR



Registered Charity Number: 1027798  
Ofsted Number: 109840  
Member of the Pre-School Learning Alliance

### **Humpty Dumpty Snack, Packed lunch and Allergen Policy**

#### **Overall aim of the policy**

To ensure that all snacks and packed lunches eaten at pre-school provide the children with safe, healthy and nutritious food that is in line with the requirements set out in the national standards.

#### **Allergy legislation**

This has been put in place by the food standards agency to ensure that those who are allergic or intolerant to foods stay safe, therefore:

- Please consider that if we have children or adults with a nut allergy, we would ask that you do not put nuts or items containing nuts (including peanut butter) in your child's lunch box. Young children often have nut allergies and nuts are a choking hazard for children under the age of 5 years.
- As some children have food allergies or intolerances or follow specific diet choices we ensure that the children do not swap items in their lunch box with anyone else.
- When we do food/cooking activities with the children we will ensure that they don't contain anything your child is allergic to and will make a list of ingredients available. We ask parents/carers to provide an alternative ingredient if necessary.

#### **Snacks and Lunches**

Food and eating together can be a wonderful source of learning for children, and at Humpty Dumpty pre-school we aim to make our snack & lunch time positive experiences. We will provide plates for the children and always have fresh drinking water readily accessible at all times.

We ask that you please provide fruit or vegetables that can be shared at snack time. We encourage the children to help serve snacks to encourage independence.

When providing your child with a packed lunch it can be a challenge to keep them interesting and healthy.

Remember about a third of our diet should be made up of starchy foods as children need these to provide their energy. The key to a healthy lunch box and a happy child is to include a balance of appropriate foods from the four main food groups:-

1. 33% Breads /Cereals/potatoes
2. 33% Fruit and Vegetables
3. 12% Meat or alternatives (NB oily fish –no more than twice per week - girls/ four times per week - boys)
4. 16% Milk and Dairy products or alternatives

**Foods in the 5th group containing fat and sugar should be eaten in moderation – 6%.**

We would advise that a maximum of **one treat per day** is included in your child's lunch – this includes cakes, chocolate biscuits and crisps. Please see the guidance sheet for suggested alternatives.

Pre-school lunch times are not a good time to introduce new foods to your child as it may be upsetting if they are hungry and don't like the food they have been given. Please put in the amount of food you would normally expect your child to eat. As a rough guide for fruit and vegetables, one portion is the amount your child can fit in the palm of their hand. For further portion guidance see the link on the Humpty Dumpty website.

**ALL LUNCH BOXES AND CONTAINERS SHOULD BE CLEARLY LABELLED WITH THE CHILD'S FULL NAME – we also advise** that packed lunches are brought in insulated bags with freezer blocks, to help the food to stay at a safe temperature.

**Involving parents/carers:** Parents/carers are encouraged to follow the packed lunch policy. If staff are concerned about the contents of a lunch alternative suggestions would be made referring to the ideas below. Please note: children with special diets will be given due consideration.

**Packed Lunch suggestions**

Bread/cereals/potatoes	Sandwiches; rolls; bagels; wraps; pitta bread; French stick Crackers; savoury scones or muffins Pasta; potatoes; cous cous Dry, sugar free, cereals make good biscuit/cake alternatives Low sugar rice pudding
Fruit/vegetables	Include salad in sandwiches etc; Cherry tomatoes (halved); cucumber or courgette; carrot sticks; pepper sticks; baby corn; avocado – use as they are or mix with pasta, potatoes, cous cous Any fruit (fresh, dried or tinned) – prepared is easier and encourages them to eat it Fruit smoothie; Fruit juice – NB this should be unsweetened and only drunk once per day
Meat or alternatives	Use meat in sandwiches, rolls etc; Use chunks of meat or tofu with pasta or potato salads; Hard boiled eggs; tuna; salmon; Houmous – can be spread in wraps, pitta or on crackers or used as a dip with vegetables Add peas or beans to pasta, potatoes or cous cous
Milk, dairy or alternatives	Cheese in sandwiches etc; Cheese chunks in salad or on their own – this is better than processed cheeses such as strings, squares Yoghurt; fromage frais; low sugar custard; low sugar rice pudding Milk; milk shake (unsweetened)
Treat alternatives	Dry cereal; dry fruit – there's plenty of variety as well as raisins; home-made cakes or fruit bars (you can use half the quantity of sugar); plain biscuits; fruit rice cakes

This policy was adopted at a meeting of:	Humpty Dumpty Pre School
Held on:	6/2/17
Date to be reviewed:	23/11/17
Signed on behalf of the provider:	
Name of signatory:	Richard Watson
Role of signatory	Management Committee Chair