



# Rainbow Teddies Pre-school Policy Document

## Lunch Time Policy (Children)

### Safeguarding and Welfare Requirements:

6) Health

9) Equal Opportunities

10) Information and Records

### EYFS Key Themes and Commitments:

*A Unique Child*

*Positive Relationships*

*Enabling Environments*

*Learning and  
Development*

This policy was adopted at a meeting on: .....

Review Date: .....

Signed: ..... on behalf of the Management Committee

Print Name: ..... Position:  
.....

Signed: ..... Pre-school Manager



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## Policy Statement:

At Rainbow Teddies Pre-school, we recognise the value of lunch/meal times as an important opportunity to help children to develop healthy eating practices, as well as to support them in developing the skills and attitudes necessary to make informed healthy choices about food. Lunch time is also an occasion which naturally promotes skills in: social interaction; independence; language; and communication with peers/adults.

We seek guidance/ information about food, health and nutrition from reputable sources, such as Food Standards Agency (FSA) and other [government] recommended organisations and share useful information with parents/carers, e.g. sending home leaflet entitled 'Information/Ideas for Healthy Packed Lunches' (Children's Food Trust).

## Lunch Boxes

Should be clearly labelled with the child's name- **on the outside of the lunch box.**

As we do not have the facility to keep lunch boxes chilled, we recommend that a small ice/cool pack be placed inside lunch box, alongside food items.

We request that items selected for the lunch box reflect a healthy range of food groups and that the amount of food provided is appropriate for a young child- more information can be found at: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk) and/or [www.food.gov.uk](http://www.food.gov.uk)

Please ensure that **nut products are not included** in packed lunches (allergies)

Please **do not send in carbonated/fizzy drinks**- water is provided

## Lunch Time Arrangements:

Children staying to lunch in either our Rising School or Teddy Tot Sessions will be supervised by adults at all times.

All adults and children wash their hands before eating.

Children sit together and eat lunch at the same time, with supervising adults.

Adults will encourage children to eat sandwiches/savoury items before sweet items.

All children will have access to drinking water.

Children will not be 'forced' to eat anything, nor will they be instructed to eat everything in their lunch box; we aim to make lunch time an enjoyable, sociable experience for the children and do not make an issue if any food is left; some items may be returned to the



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lunch box for parents/carers to see what their child has/has not eaten, although messy items will be disposed of at pre-school (e.g. opened yoghurt pots).

Adults will take the opportunity to engage children in conversation about healthy eating at lunch time e.g. discussing the variety of different food items they see in the lunch boxes and commenting how particular foods benefit growth/health.

Any on-going issues around food/meal times will be discussed with parent/carers.

Children will have approximately 45 minutes in which to eat their lunch.

**Please also refer to our *Health & Safety Policy (Food/Diet)* for information about snack time, supporting dietary requirements etc.**