



## Wesley Pre-School Benfleet

### Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

#### 6.5.a – Lunch Club

##### Policy statement

Our provision regards meal times as an important part of our day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating using a variety of resources and materials. We aim to ensure that all Parents/carers are aware of the risks regarding allergens and that children are prepared for lunches once they leave us to go to school.

##### Procedures

Our lunch club is operated from 12pm – 1pm, run by designated staff on a rota basis. Once they have eaten their lunch, children are then free to sit quietly with a book/puzzle/calm activity or go outside for some fresh air. They then go home or stay for the afternoon session.

##### How much does it cost?

We charge an hourly fee of £5. This is to be paid on the day your child stays or weekly in advance. You may also opt to be invoiced half termly or use your funded hours to cover the session cost. Please agree this with a member of the management team prior to your child starting.

##### Who is it for?

Your child is able to stay to lunch club from aged 30months as long as they are able to sit at a table and can feed themselves. At Wesley Preschool we try encourage your child to be independent, so to prepare them for staying to lunch club we suggest your child is able to sit at the table and recognise their own lunchbox. We will provide name tags for your child's bag and lunchbox it is also a good idea to write your child's name on the outside of the lunchbox, in case the label is lost.

##### What do you do about allergies/allergens?

Wesley Preschool is **NUT FREE** setting. This means you must ensure there are **NO nuts or 'may contain nut' products – no Chocolate/products and Chocolate spread**. If a child has a severe nut allergy this can result in severe anaphylactic shock or even prove to be fatal. So to prevent this happening we do ask that you respect our policy. We do have a food allergy/allergen list available on the noticeboard. If your child has any

known food allergies this must be completed on the registration form. We display a named allergy list in the kitchen for staff.

- We do not have the facilities to reheat any food.
- The Food Standards Agency guidelines regarding RICE state that “if left at room temperature RICE can potentially develop harmful bacteria”. Therefore, should you provide your child with a rice-based lunch then please ensure you pop a re-freezable ice pack in the lunch box too or freeze their drink – this will keep contents cool.
- Grapes/Olives/Cherry tomatoes etc are to be prepared by cutting lengthways – this is to prevent choking.
- Please provide your child with a drink in a named sealable cup/bottle placed inside your child’s lunchbox. We reserve the right to take away fizzy sugary drinks and will return these to you at the end of the day.
- Ensure the food is wrapped well – we ask that food is not placed in large plastic carrier bags inside the lunch box – a small sandwich bag or cling-film wrap / foil will be ideal.
- Please provide your child with suitable cutlery for their foods – i.e spoons for yoghurt/jelly/fruits. A fork for pasta/meats/vegetables. We ask that you do not provide a knife.

#### What can I give my child to eat?

We at Wesley Preschool promote healthy eating. So please refrain from sending your child in with a lunch containing chocolate bars/sweets/fizzy sugary drinks in their lunchbox, thank you.

Healthy Guidelines suggest lunch could consist of a portion of starchy foods such as breads, rice, pasta, couscous, some protein such as boiled eggs, chicken, tuna, ham and a portion of salad/vegetables and/or fruit.

It is difficult to know what to give your child to ensure they have eaten plenty, this may be their first time away from you for a meal time or eating with a large group of children and it can be exciting and daunting at the same time. We do understand that some children have particular tastes and can be fussy – have a look at this website for some inspiration [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk). We also have a Healthy Swaps leaflet and ideas from the group ‘net-mums’ in the foyer outside the main entrance.

There are plenty of ways to make lunches seem fun and interesting perhaps you could try:-

- Letting your child help prepare their lunch
- cutting the sandwiches into squares/triangles,
- Cubes of cheese
- Using pastry cutters to make them into shapes

Ultimately we want your child to have the best experience of eating at school as possible – whilst also maintaining the high standards of behaviour at meal times.

Water is always available to your child throughout their session.

- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For young children who drink milk, we provide semi skimmed pasteurised milk. .

### **Legal framework**

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs.

### **Further guidance** - Safer Food, Better Business (Food Standards Agency 2011)

This policy was adopted at a meeting of Wesley Preschool, Benfleet *(name of provider)*

Held on \_\_\_\_\_ *(date)*

Date to be reviewed \_\_\_\_\_ *(date)*

Signed on behalf of the provider

Name of signatory Jacqueline Piatto

Role of signatory Chair-person

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