



LUNCH CLUB POLICY

New Millside Pre-school regards snack time and lunch time as an important part of the pre-school day. We will use the Lunch Club to help children to develop independence by helping them to make choices. Assisting them to help themselves to food and drink and encouraging them to feed themselves. We believe eating represents a social time for children and adults and helps children to learn about food and healthy eating.

Statement of Intent

Before a child attends the Pre-school or Lunch Club we will find out from the parents/carer their children's dietary needs, including any allergies. This information is requested on the child's Day Care Record and is recorded in the register & kitchen.

We will regularly consult with parents to ensure that our records of their children's dietary needs, including any allergies, are kept up-to-date. Parents sign the up-dated record to signify that it is correct.

We will display current information about individual children's dietary needs so that all staff & volunteers are fully informed about them.

We have fresh drinking water constantly available for the children.

We provide ice packs for the children' lunch boxes, lunch bags are placed in the fridge first thing in the morning.

We discourage children from sharing and swapping their food with one another. This is to protect children with food allergies.

How the lunch club works;

Lunch Club is for children who attend all day only

Lunch Club is £2.00 per session for those children over their 15 hour funded allowance or for under 3's

Please provide a packed lunch every day that your child attends lunch club. New Millside will place an icepack into your child's lunch bag to keep it cool.

Please ensure your child's lunch bag is clearly labelled with their name

Please do not put fizzy drinks, sweets nuts or nuts products into their packed lunch. We reserve the right not to allow any such items to be consumed at lunch club.

We recommend that parents put into their child's lunchbox exactly what they expect them to eat. Cartons are tricky for children to use; we therefore encourage the use of a drinking bottle.

New Millside has a limit of 16 children for each Lunch Club

- Packing the lunchbox (taken from www.nhs.uk/Livewell Jan 2011):

A balanced packed lunch should contain:

Starchy foods e.g. bread, rice pasta, potatoes

Protein foods e.g. cheese, ham

Vegetables and/or fruit

For variety why not try bagels, pitta bread, wraps or crackers. Use wholemeal bread rather than white. Children often like food they can eat with their fingers, so chop up raw vegetables such as carrots and peppers and give them houmous or cottage cheese as a dip. Breadsticks and wholemeal crackers also make great finger foods. Replace chocolate bars and cakes with dried fruit or fresh fruit. Vary the fruit each day and get them to try new things like kiwi or melon.

New Millside Pre-school encourages cultural diversity & welcomes children to bring food to the setting that is typical of their culture or religion or dietary requirement.