



Snack, lunch box and healthy eating policy

Deadline for policy to be reviewed by:	Reviewed and shared on:	Manager/director initials:
Sep 2027	Sep 2026	LC

Purpose:

At Bee in the Woods Forest Kindergarten we actively encourage children, parents and carers to participate in our healthy and safe eating policy. We aim to ensure we promote healthy choices in our own lunch boxes and encourage our children and families to make healthy choices too.

We recognise that healthy eating habits can lead to life-long health benefits and wellbeing. Healthy eating leads to healthier children, reduced obesity and better dental health. Through gardening and involving children in cooking healthy snacks over the campfire, we have open dialogue about the benefits of a sustainable and healthy diet.

Our children are encouraged to bring healthy, nutritious, tasty food and drinks. Being an outdoor setting, we also ask that packed lunches include enough food to provide plenty of energy for our busy, active children. We recognise that this is often more than in an indoor setting, especially in cold weather.

Awareness of children's dietary needs, intolerances and allergies is extremely important to us. On joining the setting, parents are asked to share any important information regarding allergies, intolerances and dietary needs and this is stored in the Famly app. All staff are made aware of and are attentive to any specific dietary needs.

We provide snacks that are nutritious and inclusive of all dietary requirements. Our snacks include fruit, unsweetened popcorn and campfire toast.

At Bee in the Woods we ask that parents:

- Ensure that **no nuts** are included in lunch boxes, including nut products such as health bars, almond milk and Nutella

- Grapes and cherry tomatoes are sliced in quarters, length ways to minimise the risk of choking
- Do not pack popcorn for under 5's as this presents an increased risk of choking
- Provide a range of healthy food including vegetables, fruit, proteins and carbohydrates.
- Provide a large lunch to make sure children have enough calories to keep going outside, especially on colder days
- Consider warm options on colder days. Thermos flasks of soup and pasta/ gnocchi are good options.
- Agree to respect any new children who might join with allergies. For example, a severe sesame allergy would mean that all lunch boxes need to be hummus free.
- Pack a lunch box that minimises plastic waste where possible. We recognise this is very difficult but encourage parents to use Tupperware, thermos flasks and little pots where possible.

At Bee in the Woods, our staff ensure that:

- Our snacks are inclusive of all children- we only provide vegetarian snacks.
- Our snacks do not contain nuts.
- Our snacks do not contain any ingredient to which a child at the setting is severely allergic. Parents will be notified if this is the case.
- Our snacks are nutritious and healthy such as apples, oranges and bananas.
- We talk about how our food keeps us healthy and gives us energy or fuel for the day.
- We use the garden to teach about growing healthy food and harvest our own fruit and veg when we can
- Children do not share food from each other's lunch boxes
- We encourage all children to try new fruits and foods.
- We all sit down together to eat our snack and have our lunch
- Children take lunch box waste home with them
- We promote waste free lunch boxes as much as is practically possible.
- We model healthy eating through our own choices.
- Children's lunch boxes are safe for all children- grapes sliced, not nuts etc.

For Healthy Lunchbox inspiration;

- <https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>
- <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>
- <https://www.lucieslist.com/guides/back-to-school-supplies-for-preschool-and-kids-lunch-thermos/>
- <https://www.pinterest.co.uk/Lisaconroy84/thermos-food-jar-ideas-for-a-warm-packed-lunch/>
- <https://theveganlunchbox.co.uk/kid-friendly-school-lunch-plan-for-vegan-kids/>
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