

Lunch and Snack at Beehive

Eating habits are developed during childhood. If encouraged to enjoy healthier food and drink when they are young, it is more likely that these positive behaviours will remain with the children and young people throughout their lives. We follow recent guidance from Early Years Alliance training:

YOU PROVIDE, THEY DECIDE. Which means you provide a suitable healthy lunch based on our guidance then your child decides how much, if any they want to eat. This is a no pressure approach.

- Plastic washable lunch boxes only as these can be washed daily and are more hygienic for your children's lunch and for staff who have to handle these when setting up lunches. Unsuitable lunch boxes will be decanted at the door and returned for you to take home.
- We use a traffic light system to provide feedback to parents by placing red, amber or green slips in your child's lunch box.
- A lunch box with a removable lid that can be used as a plate, rather than a lunch box with lots of compartments with their own hinged lids.
- Yoghurts in pots only, please provide your child with cutlery. No tubes of yoghurt.
- Sandwiches with healthy filling options (no jam etc. or peanut butter)
- No nut products
- No grated cheese as this tends to fall out and is difficult for small children to manage
- Provide just the right amount of food that your child can eat. Too much choice makes it too overwhelming for the children and staff will think you want them to eat it all.
- Remember we are a 'litter-less' lunch setting. So do not use foil or cling film.
- Cherry tomatoes, grapes, blueberries etc. need to be cut in half lengthwise then again in quarters
- Children will be encouraged to eat what is provided so remember to prepare their lunch in the same way as you would if eating at home. When crusts are left on sandwiches we will assume you expect your child to eat them.
- Never give your child food they have not tried before to eat at the setting
- We will provide fresh milk and water at lunch time, there is no need to send a separate drink for this time of the day.
- We allow 30 mins for the children to eat lunch. Any food not eaten will be packed away and children will have the opportunity to re visit lunch at 2pm in the afternoon.
- All rubbish will be packed back in the box so you can see exactly what and how much they have eaten.

This is a photo of a really good example of how to pack a child's lunch. There is a section for everything and no food bags or cling film are needed. We request no soft lunch bags please as they are difficult to keep clean.



An example of a healthy child sized lunch to consist of:

A child size sandwich or pasta, handful of bread sticks, yoghurt pot or jelly, small portion of fruit or vegetables and maybe a small sweet treat such as malt loaf or cereal bar.

Remember to clearly name your child's lunch box, water bottle and snack pots.

We kindly request a named snack pot for morning snack only.

In warmer weather please provide your child's lunch box with an ice pack, as we cannot refrigerate any lunch boxes in the setting.

We appreciate all your support to ensure lunch and snack is the positive experience we wish the children to enjoy.

