

# Tiptoe Butterflies Pre-School

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## Healthy Eating

The sharing of refreshments can play an important part in the social life of the Pre-school as well as reinforcing children's understanding of the importance of healthy eating. The Pre-school will ensure that:

- Opportunity is given on the registration document for parents to inform the Pre-school of their child's dietary needs, including any allergies, and we will make appropriate arrangements to meet individual needs.
- We provide a range of healthy and nutritious snacks suitable for children.
- Children's medical and personal dietary requirements are respected.
- The dietary rules of religious groups and also vegetarians/vegans are known and met in appropriate ways.
- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- Milk provided for children is whole and pasteurised.
- Fresh drinking water will be constantly available at a child's request.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- In order to protect children with food allergies we discourage children from sharing and swapping food with one another.
- Parents providing packed lunches for children attending lunch club are encouraged to follow our healthy eating guidelines which are published regularly. – see below:
- We operate a no nut policy, and children bringing in food are reminded to follow our healthy eating guidelines below:

Signed on behalf of the Pre-school

..... Chair

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## **TIPTOE BUTTERFLIES PRE-SCHOOL**

### Healthy eating guide

We aim to reflect the lunch guidelines currently used by local primary schools to better prepare the children for the transition to Primary school:

Please make sure you label lunch boxes and drinks bottles clearly.

Children are encouraged NOT to swap food  
Packaging and drinks should be easy to open.

#### **NO THANK YOU:**

Chocolate and Sweets.  
Food containing nuts  
Squashes and fizzy drinks.

#### **YES PLEASE:**

Water, milk, pure fruit juice or yoghurt drinks.  
Healthy sandwiches, wraps, and salads.  
Yoghurts and fresh fruit.

Biscuits are not encouraged, but should be plain if included.

***WE ARE UNABLE TO REFRIGERATE LUNCH BOXES. PLEASE ENSURE  
THE FOOD YOU INCLUDE WILL NOT SPOIL AS A RESULT.***