



Lunch club policy

This policy was adopted by the Kingswood Pre-School Group on 07/02/2019

Policy review date: 05/02/2022

Signed:----- Date:-----

(Hayley Roberts – Chairperson of Kingswood Pre-School Group)

EYFS key commitments

Staff-child ratios – 3.28

Food and drink – 3.47, 3.48, 3.49

Equal opportunities – 3.66

Aims

Our aim is to promote healthy eating and enhance children's social skills during lunch club. We will encourage parents to provide nutritious food, which will meet the children's individual dietary needs. This will be in line with the EYFS welfare requirements. It will also provide an opportunity for parents to extend their child's day at preschool to aid children with their transition to full-time primary education.

Policy statements

Preschool will find out any dietary needs or allergies from parents at the start of their time with us, whether enrolled in a lunch or not. Any specific needs or allergies will be displayed so that all staff and volunteers are fully informed about them.

Staffing ratios during lunch club will remain at the statutory rate of 1 adult to every 8 children (1:4 if the child is under 3 years old).

Parents/carers will be encouraged to provide a nutritious meal for their child's lunchbox, avoiding large quantities of saturated fat, sugar and salt, as well as artificial additives, preservatives and colourings. Parents are also advised about our NO NUT Policy. Sweets and chocolate bars are discouraged. Suggested healthy lunch ideas & advice on sugar swaps are circulated for parents via our website on the parent's page.

Children will be encouraged to eat the main staple of their lunch first (i.e. sandwich, pasta, rice). Children will be encouraged to eat at least half of their main staple before moving on to other items. Staff present will use their judgement to ensure children do not go hungry.

Staff will remain vigilant when helping children to open and eat their food to ensure there is no food containing nuts, and are especially vigilant where we have a child who has a known nut allergy. In order to protect children with food allergies we do not allow children to swap or share their food with each other. Uneaten food is left in children's lunch boxes and returned to the parents at the end of the session.

Where a drink has not been provided, the children have use of their own named water bottle.

Children will be expected to sit at the lunch table for the duration of lunch club (half an hour), until a supervising adult allows them to leave.