



Healthy Eating Procedure and Healthy Lunch Boxes

The Cylch believe that snack time and lunch boxes are an important part of a child's development. Healthy eating will be promoted to the children, and the snacks on offer will follow the Healthy Eating Plate guidelines and healthy and sustainable pre-school scheme suggestions.

The Cylch also encourages parents to prepare a nutritious lunch box which will meet the dietary requirements of the children and support the healthy eating objectives of the Cylch.

The Healthy Eating Plate

The healthy eating plate helps to achieve the correct balance. It shows how much should be eaten from each food group.

The plate is divided into five segments which represent the five food groups:

- Bread, rice, potatoes, pasta and other foods containing starch – Eat plenty, choose wholegrain types where possible
- Fruit and vegetables – Eat plenty, at least five different portions of fruit and vegetables every day
- Milk and dairy produce – Eat some, choose lower fat options where possible or eat higher fat versions occasionally or in small portions
- Meat, fish, eggs, beans and non dairy protein produce – Eat some, choose lower fat options where possible or eat higher fat versions occasionally or in small portions. Aim for at least two portions of fish every week, including a portion of oily fish
- Food and drink with high fat and/or sugar content – Eat very little

It's important to choose options which have a low salt content where possible.





- The Cylch offers afternoon snacks
- The Cylch requires children attending morning sessions (until 1pm) or all day to bring a lunch box
- Only snacks will be provided. The Cylch does not provide breakfast, lunch, tea or supper
- The Cylch does not use dried fruit, neither does it recommend parents to use them in lunch boxes as they are bad for children's teeth
- We ask parents not to include inappropriate, unhealthy foods in their children's lunch boxes, unless the child has a specific dietary requirement
- If a child's lunch box contains inappropriate food, the Cylch's staff will discuss the matter with the parents/guardians
- Children will be offered a second helping of snacks if necessary
- Sweets, chocolate or sugary foods will not be permitted in children's lunch boxes
- A copy of the Cylch's snack menu will be available to parents
- Any suggestions for additional healthy foods to be added to the menu will be welcomed
- Food provided by the Cylch's staff will be stored and prepared according to Food Hygiene Guidance requirements
- The Cylch's staff regularly attend food hygiene and safety courses
- At least one member of the Cylch's staff on duty has completed Level 2 Community Food and Nutrition Skills Course and attends refresher courses when available
- Parents/guardians are required to fill in a consent form for their children to taste foods which are not on the menu
- Parents/guardians are required to inform the Cylch's staff of any dietary requirements or allergies the child may have
- If the Cylch is unable to provide snacks for a child's specific diet, parents may be required to provide snacks for their child
- No child will be forced to eat or drink anything against his or her will
- On no account will refusing food or drink be used as punishment or reward
- The Cylch's staff will inform parents/guardians if their child is not eating well
- Water will be available for children at all times
- Milk or water will be provided for children to accompany their snacks
- No fizzy or sugary drinks will be provided
- Drinks will be provided for children in lidless cups
- Snacks will not be offered close to meal times
- The Cylch's staff will sit with the children when eating in order to encourage good eating practice
- Children will not be left alone to eat
- Children will be encouraged and praised for trying new healthy foods