

Healthy Eating Policy

Snacks and Lunch

In Infant Community and Children's House, the school provides healthy snacks during each session. These snacks can include carbohydrates such as rice cakes or breadsticks, dips such as cream cheese or hummus, and a range of fruit and vegetables. In Children's House, children are free to help themselves to snacks at any time during the session and learn to set their own place as well as clear it; they wash their dishes when finished. In Infant Community, the children sit together with staff for a group snack. Children are also involved in preparing the snacks, for example by cutting the fruit & vegetables or squeezing fruit juice. Water is available for children to drink at all times. Milk is provided for under-fives through the Nursery Milk Scheme. Elementary children may bring in a healthy snack, if desired. Children's House and Elementary children should also have a reusable water bottle that they can access throughout the day.

If your child has specific medical or cultural dietary needs please include these on your child's record and discuss them with staff, who are happy to accommodate them, e.g. through storing alternative milks in the school fridge (no nut milks, please). We may ask for a child's medical records in order to better support their allergies. Each classroom participates in cooking or baking regularly. A range of recipes, often selected by the children, is introduced.

Hot Lunches

All pupils are invited to partake in our hot lunch programme. Food is prepared by our chef in the school kitchen. Fresh ingredients are used wherever possible. We grow all manner of herbs, fruits and vegetables in our garden and paddocks for use in our snacks and lunches.

Lunch menus are published each week in advance and can be found on the Family calendar and on the whiteboard in the main hallway. Hot lunches can be booked via the school office and are charged per term, in advance. Lunch charges are non-refundable. All food prepared at EMAS is vegetarian and nut-free. As indicated above we are unfortunately unable to cater for all specialised diets.

For further information and a sample menu please see the EMAS website page under the 'School Life' tab.

Packed Lunches

Please follow our guidelines about what to pack in your children's lunches.

The school follows the *Setting the Table* guidelines, which provides food standards for Early Years settings, but is also applicable to older children. Lunch should include a portion of carbohydrates (bread, pasta, rice, etc.), a portion of protein (meat, fish, eggs, beans, etc.), a portion of dairy (cheese, yoghurt), and at least one portion of vegetables and one of fruit. We provide water at lunch.

If your child would like warm food within their packed lunch, you may pack this in a thermos or flask. Children do not have access to a microwave for reheating food. Please also

remember that your child's lunch must include an ice pack if he/she has any items that require refrigeration, such as yoghurt or meat.

We request that children refrain from bringing sweets, chocolate, or crisps in their lunch. Please also avoid packing any nuts or foods containing nuts, as the school aims to avoid nuts due to the incidence of severe allergies. Grapes must be cut in half as these are a choking hazard.

