

Puss In Boots Safe and Healthy Eating Policy and Procedures

Policy statement

This policy is related to early years children aged 2-5 years.

This policy ensures that where we provide food to children, the meals we provide are healthy, balanced and nutritious. We know that it is important for children to get the right amount of nutrients and energy they need while they are growing rapidly and develop positive eating habits early on.

We understand that children's eating habits can be a source of stress for some parents, and an important part of our role is to help reduce that anxiety and support families to enjoy mealtimes together.

Mealtimes at our nursery are valued not only as opportunities for nourishment but also as important social and educational experiences that support children's development and communication skills.

The nursery is committed to meeting the individual dietary needs of every child, including those with allergies and intolerances, while fostering a positive, inclusive attitude towards food and mealtimes.

We work with our partners [at V&Me](#), including their resident children's dietitian, to keep up to date on the latest research into healthy eating.

We will use the following procedures to promote healthy eating based upon recommendations in the Early Years Foundation Stage framework, guidance from the Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings, Caroline Walker Trust, and The Department of Education Early Years Foundation Stage nutrition guidance (2025).

Our food meets and exceeds the voluntary food and drink guidelines for early years settings in England.

Our approach to food and drink provision

Menu planning - for V&Me subscribers

Our menu will provide children with a delicious, nutritionally balanced, varied diet and will meet the children's individual dietary needs.

Healthy and nutritious meals are planned every Spring, Summer, Autumn and Winter term by the professional chefs and paediatric dietitian at V&Me. Dishes may be changed if the relevant food is not available or if the menu is not working well for the children.

Menus are on a 2-week rotation, fully planned, nutritionally analysed and taste tested.

Menus will use the 'food and drink guidelines' from the Early Years Foundation Guidance, see table 1 at the end of this document.

Parents will also be sent a copy of the menu by V&Me.

Portion sizes offered will be appropriate for the oldest children in the setting.

Menus will include a variety of different foods, tastes, textures and colours to ensure children get the benefits of different nutrients in each food. We will not serve the same food on the same day of the week to ensure variety.

We seek feedback from parents and caregivers on our menus (especially regarding cultural preference or dietary requirements) to help ensure the meals provided meet the individual needs of each child.

We cater for the cultural and dietary needs of the children in our care which includes food allergies, food intolerances, vegetarianism, veganism or a plant-based diet, pescatarians, religious preferences. Our meals are free from peanuts and tree nuts.

Where food is excluded from a diet, we use nutritionally superior substitutions and replacement ingredients.

Meal timings -all children

Children over 12 months need to eat regularly, with breakfast, lunch (consisting of 2 dishes), and tea (consisting of 2 dishes), plus 2 or 3 snacks every day.

We sit with children for Mid-morning snack at approximately 10.15am

Lunch is served at noon (approximately 20 minutes)

Mid-afternoon snack at approximately 2.15pm

Light snack is served during Cosy time at approximately 4pm.

Children who stay after 12am are encouraged to sign up to our hot lunch provider, V&Me, who provides a 2-course lunch, and an afternoon snack (to be taken home with them). Children may also bring a packed lunch.

Morning Snack

All Children will bring in their own fruit snack ready to eat at 10.15am . Grapes must be cut in halves length ways to avoid choking.

Children will be encouraged to be independent; finding their snack and water bottle in their bag, bringing it to the table, and then clearing it away afterwards.

Food brought in from home (lunchboxes)

It is important to ensure that food provided from home aligns with the healthy options offered by the setting, so that children receive consistent messages about nutrition.

It is part of our responsibility for the overall welfare of the children to follow up to date research on child nutrition. We share this and our experience of what works best at lunch times, with parents. We therefore ask the following when parents pack their child's lunches:

- **What to Pack?**

- Parents should pack what they are reasonably sure their child will eat for the main part of their meal. The goal is for children to get sufficient energy to continue their day.

→ This is a link to some ideas on healthy lunchboxes ([first steps healthy packed lunches for 1 to under 5 year olds, NHS](#)
[healthier lunchbox recipes, healthy packed lunches](#))

- **Avoiding high salt and sugar foods:** we encourage parents to avoid pre-prepared foods that are high in salt and sugar (chocolate, sweets, crisps).
- **New foods:** we encourage parents to encourage their children to try new foods. However, if this is being done at nursery, we recommend a 'taster' size only, perhaps in a separate container. This new food should not form the main part of the lunch. We will encourage children to try all parts of their lunch.
- **Quantities - Huge portions are off-putting!** : we ask that parents be realistic about packing what their child will eat. Huge portions can be off-putting to children! We refer parents to the guideline portion size given by www.cwt.org.uk The Caroline walker trust. For advice on portion size please follow this link to [first steps nutrition trust](#).
- **Children's choice:** where time allows we encourage parents to let children have some guided choice about what goes in their lunch, for example, "would you like cheese or humus sandwiches tomorrow?" Adults like to choose what they feel like, and so too do children, this helps them look forward to lunch and eat well.
- **Warm lunches - Thermos Flasks** Parents may choose to heat food up thoroughly at home, and send it warm, in thermos flasks. We will help children prepare these although the process is a great opportunity for developing fine motor skills and coordination.
- **No Nuts please** ; no nuts should be on the premises (staff do not bring them in and we advise none to be brought in packed lunches – please note that certain pestos can contain nuts, satay often contains peanuts and cereal bars can contain nuts).
- **Storing Lunchboxes** - Food from children's lunch boxes is stored in a cool corridor. We ask that parents store in their own fridge until the child leaves for nursery. [The FSA rule](#) of '4 hour rule' of food therefore applies as children will eat within 3 hours of arriving at nursery. Parents may, if they wish, pack small ice packs in children's lunchboxes.

- **Avoiding Choking** - We ask that parents consider [the FSA advice](#) on choking when preparing lunches, especially of our youngest children. *All grapes and sausages should be cut in half lengthways*

Uneaten meals

If a child does not eat their meal because they have fallen asleep, teachers will take the child to the nap room and the children must be offered their meal when they wake up.

If a child has not eaten their lunch time meal and they are a full day child, they must be given lunch at 1.45pm-2.30pm which will keep them going until teatime.

Drinking

Children bring in water bottles with drinking water and these are topped up as necessary and accessible at all times.

Staff encourage children to drink on a regular basis, and more frequently in hot weather or after exercise - they explain to children why this is important. At PIB we do not shy away from words like 'hydrated', and technical explanations! Children fetch their own water bottles at lunch and snack times.

We ask that parents only send in water for drinking and not juices or smoothies - according to the [SACN advice](#)

Using Cups

Although bottles are a good way to minimise transmission of infection, and ensure frequent drinking, we recognise the importance of teaching children how to use cups, by having some sessions where we provide cups and encourage children to pour for themselves and others. We also run activities such as preparing 'tea' using some of the herbs we grow ourselves, such as mint. We encourage parents to do the same at home.

Accidents and spills

If a child spills their drink or food, they are encouraged to help the Teacher mop the spillage - this is a great learning opportunity.

Mealtime environment and Procedures

We create an environment in which mealtimes are a fun, positive experience. We encourage children to eat a varied and nutritious diet and to develop a positive attitude towards eating.

Children wash their hands before eating

Parents are encouraged to send in a named cloth napkin for children to use. Staff will encourage children to wash their hands and face after eating where necessary.

Children sit with adults in small groups, and mealtimes are a time for conversation. It is a great time to teach about different foods, the science, e.g. carbohydrates, proteins and vitamins - but chat should not only be about food!

Children will be taught that we always sit at a table to eat. Children do not walk around with food or drink.

We do not reward children with another food they like (for example accessing the desert) in order to get them to eat something they do not want.

Children are not praised for finishing all the food on their plate. This helps them recognise when they are full and eat 'to appetite'

We follow research based advice to avoid concern about a child eating little or nothing for one meal, but to look instead at a child's intake over a day, or even a week. We allow children to eat 'to appetite'

Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.

Staff will sit with children while they eat and will provide a good role model for healthy eating and table manners.

As some children are slow eaters, we will allow 30/45 minutes for them to finish as recommended by CWT. After this lunch will be packed away.

Children will be encouraged to use knife, fork and spoon. They will be shown the sawing motion. Where children's culture means they eat in another way, for example chopsticks, this will also be celebrated.

We help the children to learn about a range of food, and of cultural approaches to mealtimes and eating, and to respect the differences among them.

Children with V&Me lunches take turns to 'serve' each other and are encouraged to remember 'please and thank you'

Children will be encouraged to unpack their own food as far as possible; this encourages independence as well as reducing the risk of transmission.

Staff supervising lunch are welcome to eat their own lunch with the children and model good manners and healthy eating. They should therefore not bring unhealthy food such as crisps or chocolate.

Cultural differences will be respected at all times. Staff will be aware of and respect the ways different cultures traditionally eat. We use forks, knives, and spoons for mealtimes; however, we also teach the children that in certain cultures using fingers or chopsticks is the norm.

We do not use food or drink as a form of reward or punishment.

Fussy eating/food refusal

We avoid children becoming stressed, or becoming anxious ourselves, when children refuse to eat, or eat only a little. We understand that children's appetites naturally fluctuate and that trusting them to regulate their own eating is important. This is a research-based approach to avoid overeating and under-eating.

If a child refuses food even after gentle encouragement to eat, the children will be helped to pack away the food without fuss.

We do not reward children with another food they like (for example accessing the desert) in order to get them to eat something they do not want.

Children are not praised for finishing all the food on their plate. This helps them recognise when they are full and eat 'to appetite'

We do praise children for trying new foods and for our oldest children we teach them that sometimes trying new foods 3 times means you might start to like them, if you don't after the first try.

We follow research based advice to avoid concern about a child eating little or nothing for one meal, but to look instead at a child's intake over a day, or even a week. We allow children to eat 'to appetite'

If a child is repeatedly refusing to eat or being fussy, this must be communicated to the key person, who will in turn communicate with parents and work together to decide a plan of action if necessary.

We are aware that some children's sensory needs make it very hard for them to try and enjoy new foods, and we are respectful of this

A child would not go without any food unless they had chosen to or completely refused not to eat at all.

Celebrations and special occasions

We celebrate children's birthday without using sugary foods, we understand that this may be done at home, and think that doubling up is excessive. At nursery we have other ways to make birthdays feel special, e.g. a birthday crown and playdough or fruit with candles.

Communication with parents or caregivers

We encourage parents to look at their child's food intake *over a week* rather than each individual mealtime, and not to become anxious about quantities eaten at each individual meal. This approach follows advice from paediatric dietitians and we therefore don't report eaten quantities for each child.

Staff will communicate to parents/carers who have chosen hot meals, if their child has repeatedly not eaten well, in which case staff follow recommendations from V&Me to support those children. If you would like more feedback on your child's eating at nursery, please ask!

Packed lunch children will have their uneaten food packed back into the lunch box. You will know what your child has eaten, but we encourage parents to follow the first point in this guidance about viewing their child's food intake over a full week.

Learning about food

We promote healthy living through our play activities.

We will include opportunities to learn about food related topics (such as seasons, healthy eating, growing, life cycles and cooking) through role play activities, puzzles, storytelling, songs and games. The V&Me chef can run fun cooking and food-based sessions.

Parents, carers and staff will be encouraged to share cultural or religious food practices as part of learning activities for instance recipes, special foods or meal traditions.

Food safety and hygiene

Adults only have hot drinks in insulated cups with lids on and do not place them within reach of children.

Staff who are responsible for serving children's lunches adhere to the nursery's [Food Handling and Safety procedures](#), which draw on the Food Standards 'Safer Food Better Business' Catering pack, which the nursery also maintains.

Where staff do baking and cooking activities, they receive the necessary training and understand and comply with food safety and hygiene regulations.

The chefs at V&Me have all relevant food hygiene training.

Sustainability and seasonality

V&Me will introduce a new two-week menu 4 times a year to include seasonal produce, giving the children the chance to try different foods and increase nutrient variety.

In terms of sustainability our supplier V&Me uses MSC certified fish, higher welfare meat from UK family farms and their packaging is recyclable and biodegradable.

Dietary preferences including religious considerations

During settling sessions we will discuss any religious dietary considerations and food preferences with parents and caregivers to ensure that all food provided meets children's food preferences (e.g. vegetarianism) and dietary needs according to their religious faiths and beliefs to provide an inclusive setting.

Children with special dietary requirements may need specific foods excluded or included. It is important not to exclude foods from a child's diet without a valid reason as this may lead to unnecessary restrictions in their diet. Where a food is excluded from a child's diet we will discuss with parents whether they need to make substitutions.

We will create a safe and inclusive environment for all children to eat and children with special dietary requirements will be included in mealtimes. Where appropriate these can be discussed to celebrate differences.

Children with additional support needs on special diets

Some children may have specific dietary needs because of physical or developmental issues, which may affect their ability to eat independently, for example difficulty with swallowing. These children may need to have their food prepared in a particular way to make it easier to eat. They may need us to provide one to one support at each meal and snack time if they are unable to feed themselves.

It is also important to consider children who may experience sensory needs in relation to foods, for example, sensitivity to textures, tastes or smells, which can lead to limited preferences or aversions towards specific foods. We will consider these needs, communicating with food service providers where required.

As well as modifying the foods offered, some adaptations to the eating environment can also be made, wherever possible, as a way to support the child at mealtimes, e.g. limiting noise and other distractions, having a cloth to wipe hands if required and not pressuring the child to eat.

For children on a special diet, the parents and/or carers and carers or registered dietitian should supply us and V&Me with details of the child's dietary needs. This will include suitable food choices for meals and snacks, foods that should be excluded or specifically included, or supplements that may be required.

Food intolerances

Food intolerances are not the same as allergies. Intolerances are not life threatening and do not involve the immune system. They may cause unpleasant reactions, such as abdominal pain, bloating, eczema, rashes and itching.

This may include gluten intolerance, and lactose intolerance, or intolerance to some food additives or chemicals.

We can work with parents to support identification of food intolerances, by keeping a food diary.

Where a food intolerance has been diagnosed, parents should ensure this is discussed with the key person, added to the Family app. If an allergy is suspected, the food should be avoided while parents and/or carers seek input from an appropriate health professional. However, it is important not to exclude foods from a child's diet without a valid reason as this can result in an unnecessarily restricted diet, which could have a negative impact on nutrition.

Food Allergies

Food allergies can be life threatening conditions for some children and should be taken very seriously. Food allergies develop when the body's immune system reacts against food proteins which it sees as invaders. It then releases chemicals to attack.

Managing Special Dietary requirements

Communicating with caregivers about allergies/intolerances and requirements

We ask that parents add complete information about dietary requirements to our Famly app in order that we can ensure their requests are followed, and their children are kept safe.

In children's initial settling sessions we will discuss any special dietary requirements with parents. The key person must inform the manager or deputy, if this has not been communicated before, in order that all staff are made aware.

Parents signing up to V&Me will also need to inform them about these requirements.

It is a parent/guardian's responsibility to ensure their child's dietary and medical information is kept up to date by informing us of any changes via email or in writing, as well as talking to their child's key person.

V& Me will share menus with parents showing the appropriate food allergen information.

A meeting would be held with a child's parent who has many severe dietary requirements.

Nursery management of dietary requirements and food allergies

If a child has specific dietary requirements or allergies, all staff are made aware.

This is done through staff meetings, information on Famly (Tag), and also posters on walls in each room near eating places and in kitchen.

Allergies are noted on a child's registration and in Famly, and care must be taken to ensure that a child is not exposed to any allergen.

When parents inform us of a food allergy, they will be asked to give us a specific allergy plan. This will be in place to deal with any child having an allergic reaction.

All staff will be made aware of allergy plans, and where anti allergy medicine and EpiPens are stored

All teachers ensure that children are never offered prohibited foods mentioned on their special dietary requirement plan.

We are a nut aware nursery; no nuts should knowingly be on the premises (staff do not bring them in and we advise none to be brought in packed lunches – please note that certain pesto brands can contain nuts, satay often contains peanuts and cereal bars can contain nuts).

All foods brought from home will be checked for potential allergens so the risk of cross contamination is reduced.

The V&Me chefs have the relevant allergy training.

V& Me Menus can be adapted to cater for special dietary requirements where possible, e.g. dairy free, egg free. They think about food allergies when food is being stored, delivered, sorted, prepared and cooked. They avoid mixing foods that are safe with those that can cause allergic reactions.

Only where a risk assessment concludes that a significant risk remains despite adequate training and supervision of meals and snack times, would a child need to eat their meal separately to other children.

V& Me send us ingredients and allergen lists and store these separately from other foods.

At Puss In Boots we are aware of the common allergens, and we store these separately, and avoid exposure of an allergen to an allergic child when we are baking or cooking. We will replace an ingredient where possible.

Cross-contamination will be avoided by washing hands.

The staff work in partnership in communicating dietary needs regarding the children and checking if they are unsure against the dietary chart. The teachers are responsible for ensuring the right food is given at mealtimes. The manager and admin deputy are responsible for ensuring the dietary charts are updated as soon as any parent has informed us of any changes.

Any child who has been prescribed Piriton and/or two Epi-pens in the school must have them prescribed by a doctor.

The dates on the Epi-pens must be checked on a regular basis and parents sign a form, so they are aware of the expiry date approximately a month prior to them expiring. Once a parent has brought in two new Epi-Pen's, the old ones are returned to the parent to dispose of.

We will avoid art/craft or baking involving foods that a child is allergic to, for example, play dough or pasta (wheat/gluten), birdseed or music shakers (nuts or pulses).

We will supervise children appropriately at mealtimes to avoid food sharing and cross contact.

We will inform all parents and/or carers of the potential risk of foods brought from home for other children.

We will encourage children with food allergies to ask about what is in the food that is offered to them.

We will know signs or symptoms to look out for in the case of food allergies or intolerances.

We will know which children have allergy action plans in place, how to access these and follow the procedures described within them, including action to take in case of an emergency and correct administration of prescribed medication.

Staff are aware of the most common allergens which are:

celery • cereals containing gluten (such as wheat, barley and oats and some flours) • crustaceans (such as prawns, crabs and lobsters) • eggs • fish • lupin (such as bread made using lupin seeds) • milk • molluscs (such as mussels and oysters) • mustard •

peanuts • sesame • soybeans • sulphur dioxide and sulphites (sometimes found in dried fruits and fruit juices) • tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

Responding to Allergic Reactions

Children's own individual plan, as agreed by parents, should be accessed and followed in the event of any reaction. Below is a guidance for most cases

Mild Reactions

Symptoms of a mild allergic reaction may include:

- feeling dizzy or lightheaded
- itchy skin or a raised rash (hives)
- swelling of the lips, face and eyes (angioedema)
- Tingly feeling in the mouth
- sneezing or an itchy, runny or blocked nose
- feeling sick or being sick
- tummy pain
- diarrhoea

If a child has a suspected mild allergic reaction, the senior member of staff must be notified, and they will call the parents to alert them. Another staff member should follow the child's plan, which in this case will usually involve administering Piriton or another anti-histamine and monitoring the child's symptoms closely. If symptoms do not improve or the child begins to display a severe reaction the staff member should follow the procedures laid out in the child's plan

Severe Allergic Reactions

- coughing, wheezing, breathlessness, noisy or difficulty breathing or a hoarse voice
- Sudden swelling of face, lips, tongue or eyes

- difficulty swallowing
- Skin turns blue, grey or pale
- feeling dizzy or lightheaded, confused
- pale or floppy
- suddenly sleepy
- collapse or unconscious

These symptoms can happen on their own or they may be present in a serious reaction

If any of these symptoms are noted a child's allergy plan should be followed.

A child showing signs of anaphylaxis should never walk to a new location. Where necessary they should be carried to a suitable safe location away from an allergen.

The senior member of staff should be notified and they should call 999. Another staff member, ideally the child's key person must administer their Epi-pen immediately.

A child should be placed in the recovery position to ensure their airway is kept clear and 999 should be called if this hasn't been done yet. The second autoinjector should be used if they haven't improved after 5 minutes.

A child's Epi-pen must not be used on another child.

Annual evaluation and review of our Safe and Healthy Eating policy

This Safe and Healthy Eating policy is dynamically updated annually as a minimum and we capture changes made to public health advice.

Last update July 2026.

References and links

Caroline Walker: Eating well for 1-4 year olds

<https://cwt.org.uk/wp-content/uploads/2015/02/CHEW-1-4YearsPracticalGuide3rd-Edition.pdf>

Caroline Walker: Portion Size - <https://www.cwt.org.uk/>

Department of Education: Early Years Foundation Stage nutrition guidance

https://assets.publishing.service.gov.uk/media/67f8e61c04146682e61bc84c/Nutrition_guidance_for_early_years_providers.pdf

Department of Education: Help for Early Years –

<https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/nutrition>

Early Years Foundation Stage framework -

https://assets.publishing.service.gov.uk/media/670fa42a30536cb92748328f/EYFS_statutory_framework_for_group_and_school_based_providers.pdf

Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings -

<https://www.foodforlife.org.uk/media/3brhywix/eat-better-start-better.pdf>

First Steps Nutrition Trust: Good food choices and portion sizes for 1-4 year olds

https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926be4ec212d9451c595ce/1519545331398/Good_food_choices_and_portion_sizes_Jan2018.pdf

First Steps Nutrition: Packed Lunches for 1 to under 5-year-olds - <https://www.firststepsnutrition.org/packed-lunches-resource>

Food Standards Agency, advice on Listeria - <https://www.food.gov.uk/listeria>

HENRY: Packed Lunches - <https://www.henry.org.uk/packed-lunches>

NHS: Healthier Lunchbox Recipes - <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

SACN report: feeding children aged 1 to 5 years old -
<https://www.gov.uk/government/publications/sacn-report-feeding-young-children-aged-1-to-5-years>

World Health Organization - https://www.who.int/health-topics/breastfeeding#tab=tab_2

Tables

Table 1: Food and drink guidelines

Food	Guideline
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Fruit and vegetables

These include:

- _fresh, frozen, tinned or dried fruit and vegetables
- _pulses such as lentils and beans.

Provide at least 1 portion of vegetables and/or fruit as part at each main meal (breakfast, lunch, dinner) and as part of some snacks (not including dried fruit).

- **Provide** a variety of vegetables or fruit across the day and each week.
- **Limit** baked beans to once a week if this is being counted as a vegetable.
- **Avoid** dried fruit as a snack. It should only be provided as part of a meal.
- **Avoid** fruit tinned in syrup and choose fruit tinned in juice.
- **Avoid** added salt and sugar in tinned vegetables and pulses and choose no added salt and sugar options or those tinned in water.

Starchy Carbohydrates

These include:

- _bread
- _potatoes, sweet potatoes, and other starchy root vegetables
- _pasta and noodles
- _rice and other grains
- _breakfast cereals.

Provide a portion of starchy food as part of each main meal (breakfast, lunch and tea) each day.

- **Provide** plain starchy food such as plain savoury crackers, or unsalted unsweetened rice or corn cakes as part of at least 1 snack each day.
- **Provide** at least 3 different types of starchy food and a variety of wholegrain and white starchy foods across breakfasts, snacks, lunch and tea each week.
- **Provide** wholegrain starchy foods for at least 1 breakfast, lunch and tea each week.

- **_Limit** sugar and salt content in breakfast cereals. Choose those with the lowest sugar and salt content which are labelled as 'low' (green).

Limit the salt content in bread and bread products. Choose those with a lower salt content which are labelled as 'low' (green) or 'medium' (amber) in salt.

- **_Limit** starchy foods which have been fried to a maximum of once a week (e.g. chips, fried rice and fried noodles).
- **_Limit** tinned pasta in sauce (e.g. spaghetti hoops) and choose no added sugar options.
- **_Avoid** cereals labelled as 'high' (red) in sugar such as sugar-coated or chocolate-flavoured cereals.
- **_Avoid** flavoured dried rice, pasta and noodle products e.g. packets and pots of instant

Dairy and plain, fortified plant-based alternatives These include: • _milk • _cheese • _yoghurt and fromage frais.	Provide 3 portions of milk and unsweetened dairy foods each day (which includes those provided at home). • Provide non-dairy alternatives that are unsweetened and calcium fortified (e.g. oat milk or soya milk). • Provide full fat dairy foods (such as cheese and unsweetened yoghurt and fromage frais) for children under the age of 2 and gradually introduce lower-fat dairy options after this age. • Avoid sweetened yoghurts and fromage frais (including non-dairy alternatives) and choose plain unsweetened options.
Proteins These include: • _beans, pulses and nuts • _meat and poultry • _fish and shellfish • _eggs • _meat alternatives.	Provide a portion of protein as part of lunch and tea each day. • Provide a variety of protein sources as part of lunch and tea across the week. • Provide at least 1 lunch and 1 tea for children each week which uses beans, lentils, pulses or a meat alternative as the protein source. • Provide vegetarian and vegan children with a variety of protein sources such as beans, pulses, and meat alternatives each week as part of lunch and tea.

For all foods	Avoid foods high in saturated fat, salt, and/or sugars like cakes, sweet and savoury pastries, biscuits, crisps, chocolate and other confectionary. • Avoid artificial sweeteners as they may encourage children to prefer very sweet foods
Drinks	Provide children with access to water throughout the day. • Provide only fresh tap water and plain milk to drink. • Provide whole milk, semi-skimmed cow's milk or unsweetened calcium fortified non-dairy alternatives for children from 1 year of age. • Avoid skimmed and 1% cow's milk. • Avoid sugary drinks (including fruit juices, squash and smoothies).

The content of this policy is driven by the Caroline Walker Trust which aims to promote healthy eating for children under 5 in child-care. For further information contact www.cwt.org.uk