



<b>Policy Area:</b>	Food and healthy eating		
<b>Date:</b>	September 2016	<b>Policy code:</b>	F3
<b>Last reviewed:</b>	September 2025	<b>Reviewed by:</b>	Anthony Thomas (C...
<b>Next review:</b>	September 2026	<i>(For all review dates see end of document)</i>	

### Statement

At Cardiff Montessori School, we regard snack and mealtimes as an important part of the day. Eating represents a social time for the children and helps them to learn about healthy eating. At snack and meal times we want students to be surrounded with nutritious food, and for each child's individual dietary needs to be met.

For details related to food hygiene please see our food hygiene policy (F2). As a provider of meals and snacks, we are aware of our responsibilities under food hygiene legislation. This includes registration with the relevant Local Authority Environmental Health Department. Our premises are inspected by a EH food safety officer.

### Snacks and Packed lunches

- Before a child starts in the setting, we will obtain, record and act on information from parents/ carers about a child's dietary requirements including any allergies. **Please ensure you keep us updated with your child's dietary requirements and any allergies.** We will inform parents/ carers if we are unable to provide for their child's dietary requirements and will suggest alternatives, such as packed snacks.
- Parents/ carers are to provide a packed lunch for their children to eat in the school. We will provide appropriate storage areas for the lunch boxes to be stored. We are not able to store lunch boxes in a refrigerator so parents are asked to ensure that they **provide cool packs/ ice packs in their child's lunch boxes where appropriate.**
- We encourage parents/ carers to provide healthy snacks & packed lunches for the children in our care. Chocolate, fizzy drinks, sweets, crisps, foods high in sugar and salt should not be provided. Too much salt, sugar and saturated fat can increase the risk of some illnesses in later life, while too much sugar can damage children's teeth. Beware of hidden sugars in yoghurts and cereal bars. **Crisps, biscuits, sweets and chocolates** are not in keeping with our healthy eating school policy. They can also be a source of conflict at lunch times. As a result, please be aware it is CMS policy to remove any such items and inform the child that these are items for after school and they will be returned to them at the end of the day.
- We ask parents to ensure that if they pack **grapes or other small food items** in their child's (5 and under) lunch box, that these are **sliced vertically** to reduce choking risks.

- **Please do not pack nuts** in your child's lunch box. There are children with severe nut allergies in the school and we therefore have a no nut policy.
- Drinking water is available all day. Please pack a water bottle for your child to use. **Please do not send your child to school with juice/smoothies.** Semi-skimmed milk is permitted as a lunchtime drink, provided it can be stored within the lunchbox at the correct temperature.

## What should a health lunch box contain:

A healthier lunch box should be based on the eatwell plate food groups (see [www.eatwell.gov.uk](http://www.eatwell.gov.uk)), which promote balance and variety in the diet. Parents and pupils should try to include something from each of the eatwell food groups in the lunch box and ensure that this includes a drink. Bright and colourful foods with different tastes and textures should be encouraged. Fruit and vegetables do this naturally. If the food looks good then the chances are that children will want to try it.



### Try to include something from each of the food groups in your child's lunch:

1. Starchy food such as bread, potatoes, rice and pasta – whole wheat varieties provide the best source of slow release energy for a child through the afternoon.
2. Fruit and Vegetables – these foods provide vitamins and minerals to help protect against illness.
3. Meat, fish, eggs, beans and other non-dairy sources of protein – these foods provide protein, iron and zinc to help your child grow.
4. Milk and dairy foods – these foods are a good source of calcium, for strong bones and teeth.

# Lunchbox tips



## Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



## Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



## Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.



## DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.



## Tinned fruit counts

A small pot of tinned fruit in juice - not syrup - is perfect for their lunchbox and is easily stored in the cupboard.



## Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.



## Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



## Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



## Ever green

Always add salad to sandwiches - it all counts towards your child's 5 A DAY.



## Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



### Watch the teeth!

Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



### Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



### Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



### Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.



### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



### Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.

## At mealtimes

- Before the handling of food stuffs and before and after mealtimes, adults and children will wash their hands using soap and warm water.
- All children will be required to sit at the table using appropriate seating, according to their individual needs.
- Children will not walk about with food and drinks and they will be appropriately supervised at all times.
- We do not use food as a reward for encouraging positive behaviour.
- Children will be encouraged to help set the table for mealtimes when applicable and to help clear away afterwards.
- After mealtimes all cutlery, crockery, placemats and tables will be wiped down in accordance with our cleaning policies and procedures.
- Any food, with the exception of opened yoghurts and other such food, which a child does not eat from their packed lunch will be returned in their lunch box so that parents are able to see what their child has eaten that day.

## Hot drinks

Hot drinks are not permitted in the classrooms or areas which children use. Staff have access to hot drinks in the staff room and office only.

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**Review of policy dates:**

<b>Date of review</b>	<b>Reviewed by</b>	<b>Notes</b>
08/2017	Esma Izzidien	
09/2018	Esma Izzidien	
09/2019	Esma Izzidien	
09/2020	Esma Izzidien	
09/2021	Esma Izzidien	
01/2022	Esma Izzidien	
January 2023	Abigail Eynon	
January 2024	Abigail Eynon	
September 2025	Anthony Thomas (CMS)	