

Tips for Lunch

Lunch is a necessary and important part of the pre-school day, lunch provides a social time for both staff and children and an opportunity to learn about healthy eating.

The Lunch

- Keep it simple, too many choices can overwhelm a child and their common reaction is to reject the entire lunch because the task of eating it appears to be too much.
- One sandwich, in two slices of bread, cut into small squares or shapes is sufficient.
- Avoid large lumps of dough such as bagels, large pitta pockets, whole pizza slices, instead provide mini bagels, mini pitta pockets or half a large pitta pocket and cut large pizza slices into small manageable squares.
- Food should be easy to eat, for example, avoid long strands of spaghetti and peel hard boiled eggs and fruits.
- One or a maximum of two forms of vegetable and one small piece of fruit, is sufficient.

Treats

- Talk to your children about the right order to eat their food, and name the likes of yoghurt tubes and stringy cheese, small packs of crisps as treat foods
- Avoid whole packs of crisps (take a handful and place in a container)
- Avoid chocolate.

Please remember;

- Name the lunch box
- Children at Gan Alon graze on fresh fruit, breadsticks, water and milk during the morning. Occasionally, they may have eaten different foods as a result of a festival or cooking activity, therefore, they may not eat all that is in their lunch box.
- It is the practice at Gan Alon to, wherever possible, send home uneaten food so that you are aware of what was eaten.
- All lunches must be kosher and dairy, fish is acceptable so long as it complies with the rules of kashrut,
- No nuts or nut products are permitted within the lunch box.
- It is possible to send food that can be heated in a microwave.
- Gan Alon provides water at lunchtime.
- Please keep lunchboxes clean and food fresh.

Food Hygiene

We provide and/or serve food for children on the following basis (delete which does not apply):

- Snacks.
- Packed lunches.

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food.

We are registered as a food provider with the local authority Environmental Health Department.

- All staff involved in the preparation and handling of food have received training in food hygiene.
- The person responsible for food preparation and serving carries out daily opening and closing checks on the kitchen to ensure standards are met consistently.
- We use reliable suppliers for the food we purchase.
- Food is stored at correct temperatures and is checked to ensure it is in-date.
- Food preparation areas are cleaned before and after use.
- There are separate facilities for hand-washing and for washing up.
- All surfaces are clean and non-porous.
- All utensils, crockery etc are clean and stored appropriately.
- Waste food is disposed of daily.
- Cleaning materials and other dangerous materials are stored out of children's reach.
- Children do not have unsupervised access to the kitchen.
- When children take part in cooking activities, they:
 - are supervised at all times;
 - understand the importance of hand washing and simple hygiene rules;
 - are kept away from hot surfaces and hot water; and
 - do not have unsupervised access to electrical equipment, such as blenders etc.

Reporting of food poisoning

- Food poisoning can occur for a number of reasons; not all cases of sickness or diarrhoea are as a result of food poisoning and not all cases of sickness or diarrhoea are reportable.
- Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within the setting, the manager will contact the Environmental Health Department to report the outbreak and will comply with any investigation.
- Any confirmed cases of food poisoning affecting two or more children looked after on the premises are notified to Ofsted as soon as reasonably practicable, and always within 14 days of the incident.

This policy was adopted at a meeting of:

Gan Alon Pre-School

Held on

Date to be reviewed

Signed by the Manager

Countersigned by

Role of counter-signatory (eg. Chair,
Director or Owner)
