

Food and Snack Policy.

Little Learners Day Care Ltd provides an all-inclusive setting which includes all food and snacks our lunch and tea is provided by Slice of pie, which you will get a two-course hot lunch and two course tea. (if you require a menu, please ask one of our management team)

Little Learners Day Care promotes healthy eating and offer nutritious meals and snacks throughout the day.

What happens when I receive Early Years Funding Formula? (EYFF)

- Once you're in receipt of EYFF there is an option of opting out of the food and snacks we provide.
- As we provide hot lunch and teas, we do not heat food from home at little learners if you require your child to have a hot meal once they become funded you will have to purchase our meals package this consists of breakfast, snacks a hot two course lunch and two course tea depending on the sessions/hours your child attends.
- If you would like to provide your child with food/snacks these must be in line with what we provide within our setting, we recommend that if you're providing food/snacks it includes a balanced selection of items from the following food groups: carbohydrates, protein, dairy, vegetables and fruit. (there is a chart within this policy for suggestions)
- As fridge space cannot be guaranteed, we advise to bring food boxes in insulated bags with freezer blocks.
- Packed lunches should never include sweets, pure chocolate, nuts and fizzy drinks
- Little Learners Day Care is a nut free zone, it is the parents/carers responsibility for ensuring all food provided does not contain any form of nuts.
- We provide water and milk to drink.
- Heating or reheating of food is not available.
- All fruit and vegetables must be prepared appropriately, to avoid the risk of choking.
- Grapes, cherry tomatoes or berries must be cut into quarters. (see picture) Raw vegetables must be cut into batons.



The following provides suggestions for food from each food group, these are suggestions only and similar food may be substituted

Carbohydrates For Energy	
Bread Roll Bagel Tortilla wraps Savory Muffin, halved Plain chapatti or naan bread Wholemeal pitta bread	Submarine roll Malt loaf, sliced Rice cakes Salad using leftover plain cooked pasta, noodles, couscous or quinoa Zebra sandwich (1 slice brown bread the other white)
Protein To Help Growth	
Bacon, grilled Chicken, turkey or ham slices Chicken pieces Egg Falafel Houmous Sardines, canned in olive oil Tuna, canned in spring water, drained	Quiche Bean salad Kidney beans, mashed with a little French dressing Roast meat leftovers, such as beef, chicken, lamb or pork, perhaps with tomato salsa or chutney Salmon, canned in brine, drained
Calcium For Strong Bones and Teeth	
Smoked cheese Bite-size cheese triangles, circles or cubes Cheddar cheese Low salt creamy dip Cottage cheese Custard in a pot Plain Fromage frais Natural Yoghurt	Goats cheese – soft, spreadable type Italian mozzarella cheese Nibbles of cheese – try a selection of cheeses Philadelphia cheese – light variety Pot of yoghurt Rice pudding pot Milk

Packed lunches should include a minimum of one fruit and one vegetable

Vegetables – vitamins for health	
Mixed salad, raw cauliflower/broccoli, raw cut Carrot sticks, cut into batons, corn on the cob Olives (cut into quarters,) Peppers, deseeded, Lettuce (shredded or leaves separated)	New Potatoes (halved or if from a can drained and cut into strips)
Fruit for vitamins to fight disease	
Apple, served whole or cut into wedges, wipe with lemon juice and put into sealable box Banana Pear Canned fruit in natural juice Kiwi fruit, top removed, served with a spoon Mango half, in skin, flesh scored like a hedgehog Melon, cubed Raspberries or strawberries	Tangerine, peeled and segmented Orange, cut into wedges Peach, Nectarine or plum, cut into slices with seed removed Grapes or blueberries, cut into quarters Very ripe wedges of papaya, squeezed with lime Cucumber, cut into sticks Cherry tomatoes, cut into quarters

What we provide at Little Learners Day Care.

Breakfast

When providing breakfast, they must be in line with what we provide at Little Learners, this varies through the week as we give the children a choice of what they would like.

Please choose from the list below:

- Toast with butter or cream cheese
- Crumpets
- A variety of cereals these include: shreddies, Weetabix, rice Krispies, multi grain hoops and corn flakes.

Snacks

When providing snacks, they must be in line with what we provide at little learners, this varies over the week. Please choose from the list below:

- Grapes and cherry tomatoes: must be cut into quarter.
- Crackers with butter or soft cheese
- Crackers with cheese
- Fruit and vegetables: Banana, Pears, Apples, satsuma, carrot sticks, cucumber, cherry tomatoes, peppers.
- Breadsticks
- Rice cakes
- Fromage frais

Diets, Intolerances and Allergies.

- At little learners, our children have various allergies and intolerances when providing your own food/snacks these must be in line with what we provide, as we are aware of what special diets, intolerances and allergies our children have within our setting.
- Within our all-inclusive package we do provide dairy free butter and milk such as oat or soya depending on the needs of each child and we also cater for children who are gluten free.
- If you are opting out of the all-inclusive package you must supply your child with food/snacks in line with their dietary needs. This would include dairy free butter, oat or soya milk.
- As we promote healthy eating, please do not bring in chocolate and sweets as these will not be offered to your child.

Celebrations.

If your child has a birthday or you would like us to celebrate a special occasion within the setting, we do allow cakes on these occasions when bringing cakes etc we do require this is brought from a shop and not homemade, they must have a list of ingredients of what the food contains and must not contain nuts.

Little Learners on special occasions such as Christmas and Easter purchases sweets for the children to be taken home. We supply these and we inform our supplier of any dietary needs, this enables us to be able to give all the children a little treat from us.