Gan Alon Food Policy

Food is a crucial part of the pre-school programme. Eating is essential to physical development it bolsters the immune system and improves concentration. It also provides an opportunity to socialise, experience different foods, understand the laws of kashrut and learn to make healthy choices.

Food Issues and Allergies

- **Gan Alon is a Nut Free Preschool**

- Via the Registration Form the staff learn about each child's dietary needs, including the existence of any allergies.

- Gan Alon will inform staff, parents and carers about the existence of a serious allergy by sending out a letter that names that child and describes his/her allergic condition.

- If a child has food allergies we request a conversation with the child's Health Visitor.

Every Day

Snack time
A nutritious snack is provided every day, this snack consists of fresh fruit and vegetables, milk or water and a breadstick.

Lunchtime
Gan Alon provides a hot lunch from the Strudel Café (under the auspices of the Masorti Bet Din) on a Thursday. On all other days we ask that parents provide lunch for their own child. The following conditions apply:

- To comply with the laws of kashrut, lunch must be free of meat, (this includes meat flavoured foods e.g. beef flavour crisps). Gan Alon reserves the right to confiscate and dispose of any meat flavour products found in lunchboxes.

- Fish is permitted at Gan Alon providing it complies with the laws of kashrut, i.e. tuna, salmon, sardines, etc.

- Cool packs (ice packs) are to be included every day within lunch boxes. Place on top of food. Staff will remove flasks with warm food and keep them separately in the class room.

- Lunch can arrive in either a plastic lunchbox or a carrier bag. We request that different food items are individually wrapped, if a drink has not been provided Gan Alon will provide water.

- Gan Alon respects the culture within individual families and trusts parents to provide their own version of lunch.

- The staff will encourage children to eat their lunch in the appropriate order i.e. sandwich and drink before any 'treats'.

Cooking Activities:

Cooking activities are an essential component of any early years setting, they are relevant to all six areas of the foundation stage.

- At Gan Alon we will try whenever possible to use wholemeal flour, bread and pasta.
- We will keep sugar to a minimum.
- We will use real butter instead of margarine.

Birthdays

Gan Alon honours the significance of each child's birthday and encourages families to indulge their children on that day.

- Gan Alon staff will bake a plain sponge cake with the birthday child and they will decorate it together with a friend. The cake will be shared by all the children at snack time. If there is more than one birthday in a week – all the birthday children will bake a cake together to share.

- Please refrain from bringing any additional birthday items e.g. bags of sweets, lollipops, small gifts, etc.

Party Days and Family Days

Jewish festival foods encourage us to eat for example, donuts, sticky cakes (hamantaschen) and matzah crackers. Gan Alon believes it is important to maintain these foods in the context of the relevant festival to give children a sense of their cultural heritage.

- Our party list will offer a nutritious snack of sandwiches and savoury fillings. Any chocolate treats will be pure chocolate only, devoid of coatings and fillings.

Outings

Gan Alon will provide all foods and drinks on all outings for both children and adults.

- We will provide a healthy kosher lunch, using only wholemeal bread and pure butter.
- We will use savoury fillings.
- We will provide bottled water at all times and provide juice cartons at lunch time.

Outings are special days and we reflect this in the food we eat, we will offer:
- Ready Salted crisps
- Ice-cream during the afternoon of the summer outing.

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)