



## Snacks and Packed Lunches Policy

### Introduction

To grow and stay healthy children need to eat a nutritionally well balanced diet. Nursery's are an influential setting and can contribute significantly to improving the health and wellbeing of children.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

### Aim

To ensure that packed lunches (brought in from home) reflect the new standards for nursery meals introduced in September 2006.

### Rationale:

- Our nursery is required to positively promote the health and wellbeing of its children.
- Work around healthy eating is a high priority of the 'Every Child Matters' agenda.
- The content of lunchboxes needs to reflect the requirement of our nursery to meet minimum food and nutrition standards for nursery meals.
- The contents of lunchboxes in some our nursery can be extremely unhealthy, recent audits of lunchboxes have shown that in the main they contain foods with high
- levels of fat, sugar and salt, and very few fruit and vegetables.
- To encourage healthy eating habits from an early age and improve the overall nutrition of children
- The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.
- The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

### Objectives

- To improve the nutritional quality of packed lunches in our nursery and the eating habits of children at lunchtimes
- To develop an awareness in children, parents, staff and the wider community that the nursery takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and wellbeing in later life.

- To ensure that food brought into nursery (packed lunches) reflects and meets food standards for Nursery Food (2006).

### **Implementation**

This packed lunch policy fits within a wider context of promoting a whole nursery approach to food and healthy eating.

- Children's packed lunches should be based on the 'Eatwell Guide' model which shows items from the 5 main food groups; (Food Standards Agency).

**Bread, Rice, Potatoes, Pasta**

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions.

### **Examples of these could be-**

- Sandwiches made with sliced bread, pitta bread, wraps, chapattis or bread rolls
- A scone or currant bun
- A bagel
- Pasta, couscous or rice

### **Fruit and Vegetables**

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more.

### **Examples of these could be-**

- Carrot/cucumber sticks, celery, sliced peppers etc.
- A piece of fruit-apple, orange, banana, pear, kiwi, plum etc.
- Grapes- these must be cut length ways to reduce the risk of choking
- Fruit salad

### **Milk and Dairy foods**

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch

### **Examples of these could be-**

- A pot of yoghurt, custard or rice pudding
- A piece of cheese (match box sized)
- 2 triangles of spreadable cheese (this could be included in the sandwich)

### **Meat, Fish, Eggs, Beans**

These foods provide protein for growth. Packed lunches should include 1 portion of these foods.

### **Examples of these could be- (these could be included in the sandwich)**

- Slices of cooked meat
- Slices of chicken or turkey breast
- Hardboiled egg
- Tuna, salmon, mackerel or sardines
- Hummus

## **Foods and drinks high in fat and / or sugar**

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes.

### **Crisps and crackers**

Children are able to bring a bag of crisps or crackers, however these should be baked rather than fried as they are a healthier option. Please check on packaging as it will tell you if they are baked.

### **Drinks**

Any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

There is no need to provide a drink in your child's packed lunch as water/milk can be provided.

### **Water bottles**

Nursery children are encouraged to bring a water bottle into nursery for usage throughout the nursery day. These bottles can also be used for the purpose of out of nursery activities such as outdoor learning, trips and sporting events.

Water bottles must be taken home frequently to be washed thoroughly.

If for any reason a water bottle is lost, or damaged staff should inform parents/carers as soon as possible in order for them to purchase a replacement bottle. Children have access to clean drinking water throughout the day at the nursery.

All children should be encouraged to drink water frequently throughout the day and during the lunchtime period.

**\*\*\*To ensure consistency and to keep packed lunches in line with food standards for nursery meals, packed lunches should not contain the following:**

Cereal bars, fruit bars, dried fruit

Chewing gum or lollipops, cakes and biscuits

Chocolate spread and or jam or marmalade as a filling for sandwiches

Chocolate-coated products / sweets / confectionary

Cooked items and/or the remains of take away/hot items (due to health and safety guidelines)

Crisps (Baked or fried) or or any packet savoury snacks high in salt and fat

Energy drinks

Fizzy / sugary drinks in cartons, bottles or cans

Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally (1 per month)

Nuts of any kind - including peanut butter and nut-based chocolate spreads  
Salted nuts  
Sugared / toffee and salted popcorn

(Additional information is available with ideas and examples of foods that can be included in packed lunches). Nursery Food Trust [www.nurseryfoodtrust.org.uk](http://www.nurseryfoodtrust.org.uk) or in reception nursery journey and recipe folders.

If you have worries or concerns around what your child will eat or would like some advice, please speak to a member of staff.

### **Waste and Disposal**

The nursery will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the nursery. If the bag is left at nursery, these items will be disposed of due to hygiene reasons.

### **Promotion of Healthy Packed Lunches**

There will be ongoing promotion of the need to provide healthy packed lunches though:

- Pupil, parent / carers newsletters
- Nursery prospectus / brochure
- Whole Nursery / Packed Lunch Policy
- Healthy eating activities
- Curriculum content
- Parent consultations

### **Packed Lunch Containers**

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime. To ensure consistency and to keep.

### **Storage of Packed Lunches**

The nursery will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However, the nursery cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into nursery.

### **Hot Food**

We are unable to heat/ re-heat food at nursery for food hygiene purposes. Children are able to bring hot food in a suitable thermos flask or container.

### **Dining Facilities for Children Bringing Packed Lunch**

The nursery will provide an appropriate area where children can eat their packed lunch. Occasionally in the warmer weather months we will take the children outdoors to have a lunch

time picnic.

### **Monitoring and Evaluation**

The nursery will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, this can be dealt with timely and sensitively.

OfSTED are required to report on how the nursery promotes the personal development and wellbeing of all children - this may include food provision including packed lunches brought into nursery.

The Local Authority will work with the nursery to review packed lunch provision and will provide advice and support to members of the nursery community.

### **Snack time**

We provide nutritious food at all snack times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings

Menus are planned in advance, and displayed in receptions 'Being Healthy' board.

During snack time children and staff discuss being healthy and its compositions reflecting on our EYFS guidance and home lives, this is also carried out in to various food activities, story time (tasting) and where possible offsite learning (fruit/veg picking visits to shops)

Snack fee is £2.00 per week and parents can pay weekly,  $\frac{1}{2}$  termly or for the full term if they wish, the pricing for these is displayed in reception area.

We offer snack to all encouraging children to participate in snack time when they feel ready to.

This can work well and is seen to be less disruptive to children's playing and learning.

Snack is not mandatory, and if children they do not wish to take part, staff to encourage but will never force, is important that children sit down at a table to eat their snacks and are always supervised.

**Food will not be used as a behaviour management tool as either punishment or reward**

**Policy was:**

<b>Implemented</b>		<b>Reviewed</b>		<b>Amended</b>	
<b>Date:</b>			<b>Next Review Date:</b>		
<b>Manager</b>	Shannon Ralph	<b>Manager Signature</b>			
<b>Deputy Manager</b>	Shabana Hussain	<b>Deputy Signature</b>			
<b>Director</b>	Sajid Hussain	<b>Director Signature</b>			