

Lunch Box Policy

Policy Statement

Tots and Juniors aim to provide healthy living throughout the setting and support children's knowledge of what a healthy balanced diet consists of.

Procedures

- Tots and Juniors will closely monitor what each child's lunch box consists of both within the pre school and the out of school club. Staff are aware that any products which are found in a child's lunchbox which do not comply with the guidelines will be removed from the box.

Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and behave better.

School meals provided by 'Love Food' conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of "complex carbohydrates" such as pasta, rice, bread or potatoes with other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

Tots and Juniors will provide facilities for children bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.

Tots and Juniors will work with parents/carers to ensure that packed lunches abide by the standards listing below. As fridge space is not available in the setting, parents are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep the food cool.

Children must only eat their own food and not other children's. Items such as grapes must be cut length ways in order to take extra precautions against choking.

Lunch boxes should not include

- Nut or nut products
- Sweets
- Fizzy Drinks
- More than one chocolate item.

Tots and Juniors work closely with our families to ensure the safety and well-being of the children in our care. If any new allergy is discovered we will inform all parents of the changes to prevent allergic reactions.

What to include in your child's lunchbox (as recommended by the NHS)

A healthier lunchbox should:

- Be based on starchy carbohydrates (bread, potatoes, rice, pasta)
- Include fresh fruit and vegetables/salad.
- Include a source of protein such as beans and pulses, eggs, fish, meat, cheese (or dairy alternative).
- Include a side dish such as low-fat and lower-sugar yoghurt (or dairy alternative), tea cake , fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly.
- Include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added-sugar drinks.

Further Guidance

- <https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>
- <https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes#TRjsRU7Eh4TdkKt.97>
- www.schoolfoodtrust.org.uk

This policy was adopted on	Signed on behalf of the nursery	Date of next review