

52b. Healthy packed lunch policy

Why do we need a healthy lunch box policy?

The government has placed a duty on schools and nurseries to ensure that every child is healthy. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn at faster pace and behave better.

Statement of intent: To make sure that children who bring a lunch from home to eat in nursery have food which is just as healthy and nutritious as food served in nursery

The Nursery will provide facilities for children bringing in packed lunches and ensure that free, fresh drinking water and milk is available.

- The nursery will work with the children to provide attractive and appropriate eating arrangements.
- The nursery will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- The nursery will allow children eating packed lunch or nursery meals to sit together. Parents will need to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal and must be labelled with your child's name
- Children must only eat their own food and not other children's.

Guidance: Suggestions for food to include in a healthy packed lunch

- At least one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, Pitta or wraps.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard. (This does not include Dairylea lunchables or similar products).
- Cereal bars rather than cakes and biscuits (cereal bars should not contain nuts)
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

Suggestions for food to include less often in a healthy packed lunch (once a week)

- Snacks such as crisps.
- Chocolate coated biscuits or wafers.
- Cakes
- Meat and pastry products such as sausage rolls or pies

Food **to not** include in a healthy packed lunch.

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies. **Please note we are a no nut nursery**
- Fizzy drinks as these are mostly very unhealthy.

Special diets

Jelly Bears Day Nursery also recognizes that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. If any of the foods suggested on the not to include list need to be a part of your child's daily diet, please inform us.

Storage

Packed lunches will be kept out of direct sunlight, As fridge space is not available, we advise to bring packed lunches in insulated bags with freezer blocks where possible.

If a child regularly brings a packed lunch that does not conform to the 'Healthy packed lunch policy' then Jelly Bears Day Nursery will contact the parents to discuss this.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>October 2022</i>		<i>October 2023</i>