

## 56a. Healthy Packed Lunch

EYFS: 3.47 – 3.49

### 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 and promotes our Smile for Life Award.

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.
- 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

#### Suggestions for 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.

Fizzy drinks as these are mostly very unhealthy.

### **Special diets**

St Catherine's Independent Nursery also recognises that some children 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 your child's keyperson.

### **Storage**

Packed lunches will be kept in the fridge in the kitchen.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
01/03/2019		01/03/2019