LUNCH BOX & HEALTHY EATING POLICY

HEBDEN LODGE NURSERY

AIMS:

To create a safe lunch-time routine where children are eating their own fresh, uncontaminated lunch that is healthy and nutritious.

- Parents are informed that there is no capacity for storing lunchboxes in the fridge and are asked to provide a named lunch bag and ice pack to store it in.

- Parents are recommended that nothing that could cause food poisoning is put in the lunch box and
- Parents are asked to clearly name their child's lunch box.

- Parents are informed that we recommend a healthy lunch that is low in salt and fat, and that chocolate and sweets are to be avoided.

- Glass bottles are not allowed to be brought because of the risk of injury.

- If we have a child with allergies at nursery, it may be necessary to ask parents not to send certain food. Please note that we are to a NUT and SHELLFISH free zone due to allergies.

- Staff will fill out the daily diaries to inform parents of what their child has had to eat and drink throughout the day.

- In line with rules and regulations, parents must appropriately cut up their child's food, including quartering grapes, olives and tomatoes.

- Any breakfasts and snacks provided by nursery will be low in salt, sugar and saturates with the following not being given, as outlined in the Early Years Statutory Framework:

  'Avoid dried fruit as a snack. It should only be provided as part of a meal. Avoid fruit tinned in syrup and choose fruit tinned in juice.
  Avoid added salt and sugar in tinned vegetables and pulses and choose no added salt and sugar options or those tinned in water.
  Limit sugar and salt content in breakfast cereals. Choose those with the lowest sugar and salt content which are labelled as 'low' (green).
  Avoid cereals labelled as 'high' (red) in sugar such as sugar-coated or chocolate-flavoured cereals.
  Limit the salt content in bread and bread products. Choose those with a lower salt content which are labelled as 'low' (green) or 'medium' (amber) in salt. Avoid foods high in saturated fat, salt, and/or sugars like cakes, sweet and savoury pastries, biscuits, crisps, chocolate and other confectionary.
  Avoid artificial sweeteners as they may encourage children to prefer very sweet foods'