

# Packed Lunch



Kabuki Childcare Centre wish to promote the right environment for our children to understand the importance of making healthy food choices. Packed lunches and snacks represent at least a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children.

## Aims

- To make sure that children who bring a lunch from home to eat in Nursery have food that is just as healthy and nutritious as food served at nursery that is regulated by national standards.
- To give clear guidance to parents, carers, children and staff on providing a healthy packed lunch. We believe that a healthy packed lunch can contribute to the health of children and needs to be consistent with the nutritional standards provided by Early Years Nutritional Guidelines.

The policy applies to all packed lunches consumed within Nursery. The Nursery will work with parents to ensure packed lunches at Kabuki abide by this policy and we hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents and carers on packed lunches if required.

## Content of Packed Lunches

- Fruit and vegetables; at least one portion of fruit, vegetables or salad a day. Ensure grapes and berries are cut in half (long ways).
- Carbohydrates; starchy food such as bread, pasta, rice, couscous, noodles, potatoes (not fried)
- Dairy; food such as milk, cheese, yoghurt, fromage frais, or soya products
- A cake or small packet of biscuits – not to contain chocolate bars
- Sandwich fillings to be savoury only - No honey or chocolate spread.
- Cooked food, such as pasta, rice, meat etc. cannot be reheated on the premises, so please ensure your child's lunch can be consumed at room temperature.

**All packed lunches should be age appropriate, so that the child can eat independently and should not need preparing by the staff**

The following should **not** be included in packed lunches: -

- Fried food

- Nuts or nut products
- Drinks of any kind especially fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets.

### **Special Diets and allergies**

We ask parents/carers to be aware of nut and other allergies. For this reason, children are not permitted to swap food items. As some children in Nursery may have nut allergies, we ask parents to refrain from including nuts or peanut butter in their lunch boxes/bags.

### **Packed Lunch Containers**

We ask that parents/carers provide a packed lunch container where food items can be stored securely and appropriately until the lunch time period. Our kitchen and fridge are inspected by environmental health and we cannot store children's food in the nursery fridge, therefore we advise that packed lunches are in insulated bags, preferably with freezer blocks to keep food cool especially in the summer months. Clearly labelled with the child's name.

### **Facilities for Packed Lunches**

We ask parents to hand their child's packed lunch to a practitioner on arrival so it can be stored in the kitchen.

### **Staff**

The staff are expected to support a whole Nursery approach and staff are encouraged to comply with this policy when bringing in packed lunches and eating alongside the children.

We will: -

- Make sure all Children have access to drinking water at all times (This is a legal requirement of the EYFS)
- Children under the age of 12 months will be given breast or formula milk
- Children aged 1-2 years of age will be given whole cow's milk
- Full fat milk is available at snack time for all 2-5year olds
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### **Snack**

Snacks will be offered between meals to ensure children receive appropriate levels of energy and nutrition, for example at mid-morning and mid-afternoon, these are provided by the nursery and meet the guidelines set out by the Barnsley Food and Nutrition Trust.

### **Monitoring**

To promote healthy eating, we will regularly monitor the content of packed lunches.

- We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches and snack.
- If lunches are not deemed to meet nutritional standards parents will be advised on changes that need to be made.
- If a packed lunch contains items that are not suitable for consumption on nursery premises, i.e. doesn't meet the requirements of our packed lunch policy, the child will be given a nursery meal and parents will be billed accordingly.
- Anything not eaten by your child will be left inside the lunch box for you to monitor how much your child has eaten.
- Any sweets or sugary drinks removed from a child's lunch box will be sent home at the end of the day.
- If a child's packed lunch continues not to follow the guidance set out in this policy then the parent/carer will be asked to come in for a consultation with the manager.

### **Birthdays and other celebrations**

We welcome cakes and sweets being brought in for the children for their peers to celebrate Birthdays or any other celebrations. This is offered to the children as a special treat and does not replace snacks, fruit or other healthy options. If you bring in a homemade cake, we request it can only be consumed in nursery if a list of full ingredients is provide due to allergies within the nursery setting.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<i>01/09/23</i>	<i>H.Pooley</i>	<i>30/08/24</i>