

03. Food safety and nutrition procedures.

LUNCH BOX POLICY

To maintain healthy development and growth children need to eat a nutritionally well-balanced diet.

As an Early Years setting we are in a strong position to influence and can contribute significantly to improving the health and well-being of your child.

Good nutrition in early childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Our aim is to share information with parents/carers around the content of a healthy packed lunch and the balance of food groups that should be provided in a packed lunch.

As a setting we hope to positively promote the health and wellbeing of every child.

We aim to support your child to foster a healthy attitude to food and work with you to ensure your child benefits from a balanced diet.

Your child requires a balanced diet that includes daily intake of food groups; carbohydrates, fruit and vegetables, protein, dairy and good fats that is low in sugar, salt and excess fat.

A child's packed lunch should be based on the 'Eatwell Plate' model which shows items the 5 main food groups;

(Food Standards Agency 2007). <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx> Bread, Rice, Potatoes, Pasta - these starchy foods are a healthy source of energy.

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Packed lunches should include 2 or more portions.

Fruit and Vegetables - these foods provide vitamins, minerals and fibre.

Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more.

Milk and Dairy foods - these foods provide calcium for healthy bones and teeth.

Include 1 portion at lunch Meat, Fish, Eggs, Beans, Pulses - these foods provide protein for growth. Packed lunches should include 1 portion of these foods.

Drinks

Any drinks provided in lunch boxes should only include plain water.

Guidelines recommend it is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods.

Limiting high fat and sugar foods will help protect your child from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes.

Sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks will not provide your child with a healthy diet and must not be included in the packed lunch.

Other foods and drinks high in fat and / or sugar must not be included. To ensure consistency and to ensure a packed lunch is in line with Food Agency standards, and to ensure other children are not exposed to potential life-threatening allergens and does not pose any choking hazards to your child or any other child, packed lunches MUST NOT contain the following;

- Nuts or nut products
- Fizzy / sugary drinks in cartons, bottles or cans
- Chocolate-coated products / sweets / confectionary
- Chocolate spread as a filling for sandwiches
- Chewing gum
- Sugared / toffee and salted popcorn
- Whole uncut round foods; cherries, blueberries, strawberries, cherry tomatoes and sausages including pepperami.
- ITEMS THAT MAY CAUSE CHOKING HAZARDS ARE TO BE PREPARED/CUT LENGTHWAYS – HALF AND HALF AGAIN, following the guidance from

https://www.food.gov.uk/sites/default/files/media/document/Early%20Years%20Choking%20Hazards%20Table_English.pdf

WE DO NOT ALLOW GRAPES IN THE SETTING

It is the responsibility of parents/carers to provide daily information around the allergens present within any homemade foods placed in a packed lunch. Please find details of the 14 major allergens here;

<https://www.food.gov.uk/sites/default/files/top-allergy-types.pdf>

It is the responsibility of parents/carers to supply an appropriate packed lunch container where food items can be stored securely.

Parents/carers are required to pack the lunches ensuring they have an ice-pack in them, it is recommended to use an insulated lunch box – especially in the hotter months.

Puddleducks Under Fives Ltd provides a snack each day, the menu is displayed on the notice board. A variety of fresh fruit, water and milk is also offered to children.

Lunch boxes are checked on children's arrival by Alex Trench or Marie Magness to ensure there are no choking hazards or nut products in the lunches. If there are any of these items – these will be removed and returned home at the end of the session.