11.1 Lunchbox

Policy statement

We encourage healthy choices for all children at our nursery by helping to ensure that all food and drinks brought from home and consumed at nursery provide children with healthy and nutritious food. This policy is intended to make a positive contribution towards children's health, encourage a happier and calmer nursery population and promote consistency between food brought from home and the healthy snacks provided by the nursery.

We will share ideas for a healthy packed lunch using resources such as:

https://www.nhs.uk/change4life/recipes
https://www.bda.uk.com/food-health.html

Procedures

The nursery will:

- Ensure that eating food from home is a sociable experience where good behaviour and consideration for others is maintained
- Follow good hygiene procedures and will ensure each child has washed their hands before starting their lunch
- Ensure children eat in a hygienic environment either outside during the warmer months or inside during the colder months
- Ensure that each child has their water bottle with them at lunchtime, will refill them with fresh drinking water if empty and will provide a spare one if they do not have one
- Ensure that practitioners supervising children at lunchtimes are aware of the nursery lunchbox policy and follow good hygiene procedures

We recommend lunchboxes from home contain the following:

- At least one portion of fruit (e.g. small apple, orange, grapes (cut in half length ways), dried fruit, cherry tomatoes)

- At least one portion of vegetables (e.g. carrot sticks, cucumber, celery)
- Meat, fish or other source of non-dairy protein (e.g. chicken, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus, falafel)
- Oily fish such as salmon at least once every three weeks
- Starchy food such as bread (e.g. whole meal or multigrain), pasta, rice, couscous, noodles, potatoes or other types of cereals (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes)
- Dairy produce such as cheese, milk or yoghurt
- Drinks should be either water or milk

Aim to avoid:

- Snacks such as crisps (alternatives include savory crackers, breadsticks and seeds)
- Confectionary such as chocolate bars, chocolate coated biscuits and sweets (alternatives include small cakes, shortbreads, flapjacks or plain biscuits)
- Drinks with added sugar or sweeteners (e.g. fizzy drinks and ring pull cans)
- Items that are high in fat or salt (e.g. cooked sausages, chicken nuggets, sausage rolls, chipolatas, corned meat, individual meat pies)
- Anything containing nuts

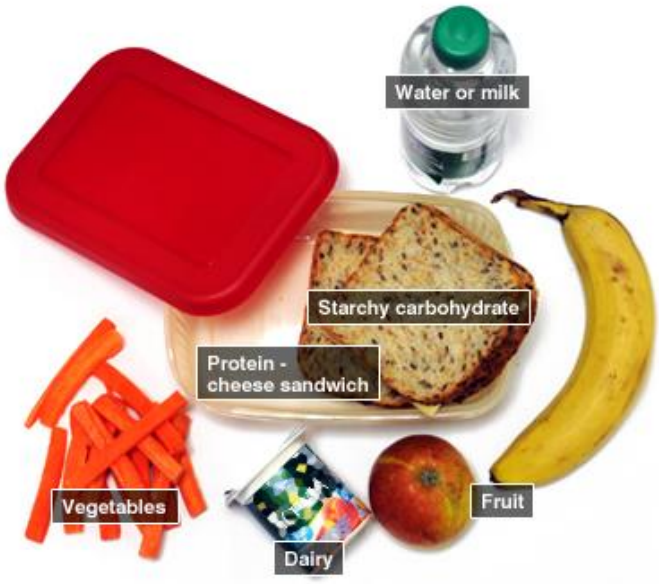
Waste and disposal:

- Waste containers will be provided for rubbish, but children will take uneaten food home so that parents and carers are aware of what their child has/has not eaten

Diets and allergies:

- The nursery recognises that some children may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring emergency sweet snacks to nursery. In these cases, parents and carers are responsible for ensuring the food from home is specific for the child's needs.
- We do not allow the swapping of food items between children as there is potential for an adverse reaction for children with food allergies

"Healthy"
A healthy packed lunch should include



"Unhealthy"
A packed lunch should avoid

Source: Food Standards Agency

This policy was adopted by	The Woodland Nursery
Date to be reviewed	October 2027
Signed on behalf of the provider	T Paskins
Role of signatory (e.g. chair, director or owner)	Nursery Owner