

## CRYSTAL GARDENS NURSERY PACKED LUNCH POLICY

To grow and stay healthy children need to eat a nutritionally well-balanced diet. Nurseries are an influential setting and can contribute significantly to improving the health and wellbeing of pupils.

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

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore needs to be balanced and nutritious.

### AIM

To ensure that packed lunches brought from home are in line with nursery food policy.

### RATIONAL

- Nursery is required to positively promote the health and wellbeing of its children. Work around healthy eating is a high priority
- To encourage healthy eating habits from an early age and improve the overall nutrition of children
- The short-term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on child's learning
- The long-term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood

### OBJECTIVES

- To improve the nutritional quality of packed lunches at Crystal Gardens Nursery and the eating habits of children at lunchtimes within the nursery and on nursery trips
- To develop an awareness in children, parents, staff and the wider community that the nursery takes a pro active approach to promoting healthy eating
- To encourage healthy eating habits in childhood that can influence health and wellbeing in later life

## FOOD AND DRINK IN PACKED LUNCHES:

Parents and carers are expected to provide their children with packed lunches that are consistent with the nutritional standard based on the eat well plate model and the Food Trust guidelines.

## PACKED LUNCHES SHOULD **NOT** INCLUDE:

- Sweets/ confectionery/ chewing gum
- Fizzy or sugary drinks
- Energy drinks
- Crisps
- chocolates

Items containing nuts are not allowed in nursery, although these are healthy, some children are allergic to nuts and they can cause a severe reaction even when in other pupils' lunches.

## FOR A HEALTHIER SNACK:

- Replace cakes and pastries with fruit bread and teacakes
- Replace salted savoury snacks, such as crisps, with breadsticks, rice cakes, cheese and crackers.
- Include dried fruit or fruit salad
- Drink water or milk

**Please do not send your children with nuts or food containing nuts (For example, Nutella or Bombay Mix) AS WE HAVE A NUMBER OF CHILDREN WITH NUT ALLERGIES.**

## PROVISION FOR PACKED LUNCHES:

- Nursery will ensure that fresh drinking water is always readily available
- Lunches will be served to 2-3's children in the 2-3s Room

## 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
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles
- We have fridge storage for packed lunches to keep food fresh

## WASTE AND DISPOSAL

Nursery will within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake within nursery.

Foods brought from home which requires heating in the microwave or oven will be temperature checked using a food probe. These results will be recorded.

To minimise any cross-contamination nursery will use antibacterial sprays and wipes to clean equipment and wipe down surfaces after each use.

## MONITORING

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

Parents and carers who do not adhere to the packed lunch policy will receive a leaflet in their child's packed lunch box informing them of the policy or may be invited to attend a packed lunch workshop. If a child regularly brings in packed lunches that do not conform to this policy, the nursery will contact the parents and carers to discuss this.