Lunch Box Policy

This policy instils the importance of a healthy and balanced diet, beneficial for a child’s growth and wellbeing. The aim of this policy is to ensure all food consumed whilst at nursery is nutritious as per early years guidance.

**Lunch box contents:**

Per lunch meal, we would ask for a lunch box to contain;

* X1 Meat/Fish/Protein source (eg: ham, chicken, tuna, chickpeas etc)
* X1 Starchy food (eg: bread, wrap, pasta, potatoes etc)
* X1 Dairy item (eg: yoghurt, cheese, custard etc)
* X1 portion of fruit (eg: banana, apple, pear, orange etc)
* X1 portion of vegetables (eg: carrots, cucumber, celery etc)

**Important points to note:**

* We are unable to store lunch boxes in the fridge, so parents are required to provide lunches in a way to preserve any foods until lunch time eg: ice packs or cool bag.
* We are unable to re heat any food provided, any items should be prepared ready to eat
* Left overs are not permitted within lunchboxes and will not be served to a child
* Crisps are allowed however these must be baked not fried
* Any sphere shaped food must be cut into quarters, not halves (eg: grapes, cherry tomatoes)
* We are a Nut Free nursery so any foods that contain nuts are not permitted
* Where possible, food should be in its original packing with ingredients clearly stated (eg: crisps, yoghurts, crackers, bars etc)
* Any drinks other than milk and water are prohibited within nursery, we are able to provide both options to children at meal times and throughout the day so there is no need to pack these within lunch boxes

*We understand that some children have special diets for either medical or religious reasons, in this instance we understand adaptations or alternatives may be required. This must still be in accordance with Healthy eating guidance as per the Early Years Sector and is able to be further discussed with Management if required*

**Documentation for reference:**

* [**https://www.gov.uk/government/news/healthy-eating-guidance-published-for-the-early-years-sector**](https://www.gov.uk/government/news/healthy-eating-guidance-published-for-the-early-years-sector)