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## Healthy Happy Lunchbox Policy

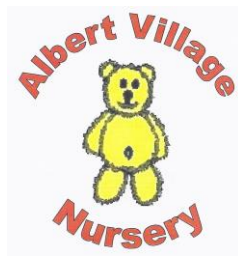
During the early years what children drink and eat can affect their health. General eating habits are formed in the first few years of life, so it is important that we encourage our children to eat good, wholesome and nutritious food. Here at Albert Village Nursery we take the area of healthy eating very seriously which is why we aim to make sure that while the children are in our care they receive a healthy, nutritious and balanced diet. We believe that a healthy packed lunch can contribute to the health of children and this needs to be consistent with the nutritional standards provided by Early Years Nutritional Guidelines.

According to Public Health England, Childhood Obesity: Applying All Our Health "More than 1 in 5 children are overweight or obese when they begin school, and 1 in 3 children are overweight or obese by the time they leave primary school." April 2015

Therefore, when parents provide a packed lunch it should contain only the following:

- Fruit and vegetables; at least one portion of fruit, vegetables or salad. Ensure grapes and berries are cut in half (long ways).
- Dairy; food such as milk, cheese, yoghurt, fromage frais, or soya products
- Drinks; water, pure fruit juice (no added sugar), milk, yogurt drinks or smoothies.
- **A small cake, small packet of biscuits or one chocolate bar only.**
- Sandwich fillings should be healthy, such as ham, cheese, tuna or egg.
- All packed lunches should be age appropriate, so that the child can eat independently.
- Age appropriate crisps or snacks
- Limit the amount of processed food (cereal, cookies, fruit juices, pastries) keep a look out for the sugar, salt and fat intake of food.

Please **DO NOT** provide any fizzy drinks, nut products of any kind or more than one chocolate product.



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We ask that parents/carers provide a packed lunch container where food items can be stored securely and appropriately until the lunch time period. As we have no fridge available we advise the packed lunches are in insulated bags, preferably with freezer blocks to keep food cool especially in the summer months.

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 and snacks if required. We can offer a range of ways to support parents/carers e.g. information sheets, meetings, workshops, emails etc.

Children on special diets following verified medical advice will be given due consultation.

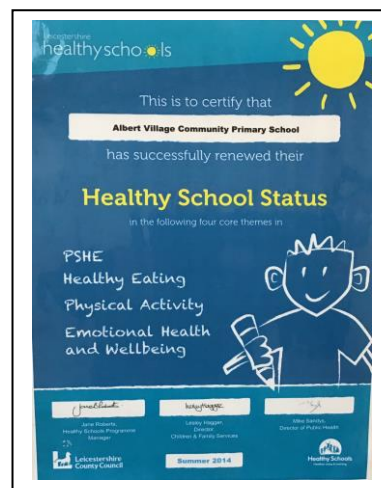
We will regularly monitor the content of packed lunches and will talk to parents about this issue if required. Also, to support a whole Nursery approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating with the children.

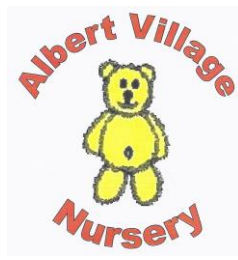
For more information on healthy eating for children please visit the following websites

<https://www.nhs.uk/change4life/>

<https://www.nhs.uk/conditions/pregnancy-and-baby/understanding-food-groups/>

<https://www.nhs.uk/live-well/eat-well/>





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To comply with our Healthy Happy Lunchbox Policy please sign the slip below and return this to Nursery a.s.a.p.

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I have read and understood the **Healthy Happy Lunchbox Policy** and agree to provide a healthy lunchbox for my child.

Childs Name..... Parents Name.....

Parents Signature..... Date.....

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