



Healthy snacks & lunches policy

At Southover Nursery School, we understand the importance of healthy eating. We promote the good health, including the oral health, of all the children attending our setting (revised EYFS, effective January 2024). We as staff lead by example and encourage all our children to eat healthily. We therefore, ask that all our parents/carers make healthy food choices when making their children's snacks and packed lunches. We regard snack and lunch time as providing us with a great opportunity to promote oral health and the benefits of eating healthily and socially from a young age.

Suggested contents for a packed lunch -

- Fruit and vegetables for minerals and vitamins - at least one portion of fruit, vegetables or salad a day. Ensure grapes and tomatoes are cut into quarters, stones are removed from stone fruits and any other fruits are sliced and not cut into chunks
- Carbohydrate for slow release energy - starchy food such as bread, oats, pasta, rice, couscous, noodles, potatoes etc.
- Calcium/dairy for growth, healthy bones and teeth - food such as milk, cheese, yoghurt, fromage frais, or soya products.
- Protein to keep the children alert - sandwich fillings such as chicken, egg, ham, tuna, and cheese, or chicken/tuna pasta/salads or vegetarian alternatives.
- Drink – ideally water.
- Optional - a small cake or biscuit e.g. shortbread, carrot cake.
- Optional - appropriate crisps or snacks e.g. carrot sticks (corn).
- Optional – dried fruits e.g small box of raisins
- Cooked food, such as pasta cannot be reheated at nursery, so please ensure your child's lunch can be consumed at room temperature. You may choose to use a thermos to keep food warm but you must ensure this is a suitable option for the food you wish to put in it.

The following should not be included in packed lunches or snacks -

- Nuts or any product that might contain traces of nuts (please check labels).
- Sesame or any product that might contain traces of sesame (please check labels).
- Fizzy/sugary drinks.
- Sweets and chocolates.

Special Diets and allergies

Please note that some of our children are severely allergic to nuts and sesame. It is essential that parents/carers are aware of this when making their child's packed lunch. We cannot have any products containing nuts or sesame at nursery so please check labels etc when making food choices. Any food containing nuts or sesame will have to be left sealed and will be returned home. Please see separate allergies policy.

Packed lunch boxes & water bottles

Fresh drinking water is available and accessible to all our nursery children at all times (revised EYFS, effective January 2024). We also ask that parents/carers provide a water bottle and a packed lunch box in which food can be stored securely until lunch time. As we are unable to provide fridge space, we advise the packed lunches are in insulated bags, preferably with ice blocks to keep food cool especially in the warmer months.

Please ensure lunch boxes and water bottles are named clearly.

Drinks

- All children should bring a fresh water bottle every day ready for snack and lunchtime.
- Staff monitor children's levels of drinking, ensuring they have enough and encouraging them to drink more when possible.
- In addition to their water bottles, all children have access to fresh drinking water at all times.
- Semi-skimmed cow's milk is available at snack time for all those children who are allowed to drink it (as notified by parents on the registration form)

Birthdays & other celebrations

We enjoy celebrating our children's birthdays and have a wooden birthday cake with candles that the children get to blow out. We also encourage the whole class to sing 'Happy Birthday' at lunch time.

We do not allow birthday cakes to be brought into nursery from home (either shop bought or homemade) to be handed out as we often have children who have food allergies and special dietary requirements. However, if requested, parents can supply birthday cakes (home made or shop bought) that we can offer to the children at home time when we are outside and have permission from their parents/carers.

Staff

To support a whole nursery approach, all staff are encouraged to comply with this policy when bringing in their own packed lunches.

Policy signed

Policy dated8th June 2024.....