

48.a. Packed Lunch/Tea Policy

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

In adapting this policy Radnor Park Kindergarten aim to ensure that all packed lunches brought from home and consumed at the kindergarten provide children with healthy and nutritious food. We also aim for it to be similar to the food served in the kindergarten, which is regulated by the national standards issued by OFSTED Early Years and the Environmental Health Department (EHD).

Ofsted are required to report on how the setting promotes the personal development of children and this does include food provision, which packed lunches/teas brought into the setting are part of.

Why the policy was formulated

- To make a positive contribution to children's health
- To encourage healthier, happier and calmer children
- To promote consistency between packed lunches/teas and food provided in the setting which, must adhere to the national standards set by OFSTED and EHD
- To contribute to the self-evaluation for review by OFSTED.

Food and Drink

- In line with the current guidelines, issued by OFSTED Early Years and the EHD the following procedures, regarding supplying food to children from a source outside of the setting, the following must be adhered to:
- All food must be brought in a Tupperware type boxes, clearly marked with your child's full name, that are clean and suitable for putting into the refrigerator. Any food that is not in the labelled box must also be clearly labelled with the child's name.
- All packed lunch/tea boxes must be handed over to either the duty manager or the relevant room supervisor to ensure that it is correctly stored.
- Once a child has started in the Pre-Toddler section of the nursery we cannot reheat any items of food as this contravenes the guidelines set by the EHD for reheating food served to vulnerable people.
- Packed lunches should not contain any glass or china containers in order to minimise the risk to the children
- Children do not need to be provided with a drink as the setting. We provide children with water or milk during regular intervals throughout the day. Also each section has a water dispenser to provide the children with constant rehydration.
- All items of food brought into the nursery **MUST NOT** contain nuts in any shape or form as there may be children and adults on the premises who have a severe reaction to nuts. These allergies can be triggered via airborne particles or consumption.
- We will work with parents to ensure that packed lunches follow the recommendations listed below:

Packed lunches should include the following

- At least ONE portion of fruit and/or vegetable every day
- All boxes should contain a selection from all food groups, i.e. Protein, Carbohydrates, Vitamins and Fibre.

- **Substantial Sandwiches and wraps with healthy fillings, for example ham and tomato sandwich made from wholemeal bread**

- ✓ At least one portion of fruit/vegetable
- ✓ Meat, fish –non-dairy protein
- ✓ Bread/rice/pasta/couscous/potato
- ✓ Dairy produce – cheese/yoghurt\
- ✓ Water will be provided by the setting

Packed lunches should not include

To ensure consistency, and to keep in line with food standards, packed lunches should not include the following:

- x Chocolate bars –Twix/Mars Bar etc.
- x Sweets
- x Juice drinks/ fizzy drinks
- x Nuts and nut products
- x Sweet spread fillings –
Jam/honey/Nutella
- x Salty fillings – such as Marmite

- We discourage sweet drinks and provide children with milk and water.
- Any item in a packed lunch that is regarded unhealthy will be placed back in the child's lunch box with a copy of the settings policy to help remind parents of our procedures and a lunch/tea will be provided by the setting and charged to the parents.

Treats

Radnor Park Kindergarten will work on a system of **one** treat allowed in a packed lunch

The one treat system

ONLY ONE OF THE FOLLOWING ITEMS:

- A packet of crisps
- A slice of cake/bun
- A plain biscuit or scone
- Cereal and fruit bars (ensure they do not contain nuts)

Assessment, evaluation and review

- Packed lunches will be regularly reviewed by the setting's cook.

- Children will be encouraged to use the one treat one piece of fruit system.
- Parents who do not adhere to the policy, by regularly supplying their child with a lunch or tea that does not conform to the policy, will be asked to change to kindergarten meals. The European Parliament and of the Council on the Hygiene of Food Stuff (Regulation (EC) 852/2004

Birthday Cake guidelines

For families that want to bring in a birthday cake for their child to share with their nursery friends we ask that it is shop bought and not a home-made cake. This is due to food hygiene and labelling to ensure food handling procedures meet required standards and appropriate labelling of ingredients is listed on the packaging, to enable the kindergarten to check for any known allergies .

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>November 2019</i>	<i>Emily Sargeant</i>	<i>November 2020</i>