

Mehria Wonderland Nursery



Healthy Eating and Lunchbox Policy

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Mehria Wonderland Nursery

Healthy Eating and Packed Lunchbox Policy

RATIONALE:

At Mehria Wonderland Nursery, we recognise that good nutrition is essential if our pupils are to achieve their potential in life. We will help pupils to develop a positive attitude to healthier eating through the curriculum, food provision and links with families and the community.

AIMS:

- To encourage a happier and calmer population of children and young people.
- To ensure that all packed lunches brought from home and consumed in Nursery are equally healthy (including packed lunches prepared for school trips).
- To help pupils understand the importance of a healthy and balanced diet.
- To ensure that pupils are fully hydrated throughout the day.
- To ensure pupils are aware of basic food hygiene.

OBJECTIVES:

- There will be a whole Nursery approach to ensure that this policy is widely implemented.
- A planned programme of food and nutrition will be delivered as part of the curriculum..
- Healthy eating will be promoted in a consistent way by all the teaching staff in the Nursery
- Suitable facilities will be available for pupils to eat packed lunches.
- Healthier packed lunches will be promoted and consistency between packed lunches Pupils will have access to drinking water indoors and outdoors.
- The 'five a day' fruit and vegetable message will be promoted throughout the Nursery.

GENERAL GUIDELINES:

Healthy eating is actively encouraged and taught throughout the children's stay at Mehria Wonderland Nursery.

- It is taught through adult led activities and in cooperated in the curriculum.
- All children in foundation stage receive fruit daily for morning and afternoon snack with milk and water. All staff and children have access to water. Pupils are encouraged to bring in a water bottle to enable them to drink throughout the day and when outdoors.

- Parents and guardians are kept informed about healthy eating through newsletters, displays and the Nursery website.
- Parents are informed about how to make their child's packed lunch healthier.
- Pupils are actively encouraged to wash their hands before and after handling food.

PACKED LUNCH GUIDELINES:

- The Nursery will provide facilities for pupils bringing in packed lunches.
- The Nursery will work with parents to ensure that packed lunches abide by the standards listed below.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- Oily fish, such as salmon, sardines, tuna, trout and mackerel at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- Only water
- Packed lunches should not include:
- Snacks such as flavored crisps. Instead, include seeds, raisins, fruit bars, savoury crackers or breadsticks (no added sugar, salt or fat)
- Confectionery such as chocolate bars and sweets. Instead, cakes and biscuits, e.g. fruit loaf, scone, cereal bar (low sugar).
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and allergies

Pupils with special diets will be given due consideration.

Communication:

The policy will be communicated with staff, parent's/carers in the following ways:

- Staff will be informed through staff meeting and staff induction programmes
- Parents will be informed through letters, website, newsletter, welcomepack and parents evening health lunchbox workshops.
- The Nursery will use tapestry to update all new and existing parents/carers to inform them of the updated policy and will give a period of consultation whereby parents/carers will be given the opportunity to make comments and suggestions.

- Pupils will be informed through cooking in the curriculum lessons,

At Mehria Wonderland Nursery, we work closely **with Growing Healthy Families** to promote healthy eating and positive food habits for children and their families.

We believe that developing healthy eating habits from an early age helps children grow, learn and thrive. We support children and families by:

- Encouraging children to enjoy a variety of healthy foods, including fruit and vegetables.
- Promoting water as the main drink and encouraging children to make healthy drink choices.
- Supporting families with ideas and guidance for healthy, balanced packed lunches.
- Helping children understand where food comes from and why different foods are important for our bodies.
- Encouraging children to explore food through conversations, activities and hands-on experiences.
- Sharing useful information and resources with parents to support healthy eating at home as well as at nursery.
- Working with families in a positive, supportive and non-judgemental way, recognising that every family is different.
- Encouraging children to develop positive attitudes towards food, mealtimes and trying new foods.

Through our partnership with Growing Healthy Families, we aim to give parents and carers practical support and information that can be used at home, helping families make healthy choices together.

MONITORING AND EVALUATION:

Packed lunches will be regularly reviewed by staff on Lunch rotas and parent will be informed if lunchboxes are not nutritious.