

The nursery pack lunch guidance is based on the following documents which nursery must adhere to and take reference from:

OFSTED EYFS Statutory Requirements is the framework that the nursery must adhere to and is judged against during an Inspection which. The framework makes the following statements:

- The Early Years Foundation Stage (EYFS) sets the standards that all early years providers must meet to ensure that children learn and develop well and are kept healthy and safe.
- Physical development involves providing opportunities for young children to be active and interactive; and to develop their coordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food
- Health and self-care: children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

The Eatwell Guide

UK Government Guidance on Pack Lunches



Healthy Pack Lunch Guidance

Aims

Children should have access to healthy and nutritious meals throughout the day, pack lunches from home should continue to support this ethos and culture within the nursery environment

The packed lunch represents approximately a third of the child's daily food intake and therefore it is important that it offers a meal in line with the [Eatwell food profile](#) to ensure that all the nutrients needed are provided.

Healthy Pack Lunch Guidance

The UK government produced packed lunch guidance to support the implementation of school food standards for lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Snacks such as crisps should not be included. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

What to include in your child's lunchbox

A healthier lunchbox should:

- be based on **starchy carbohydrates** (bread, potatoes, rice, pasta)
- include fresh fruit and vegetables/salad
- include a source of protein such as **beans and pulses**, eggs, fish, meat, cheese (or dairy alternative)
- include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly

Yes	No
One portion of fruit	Crisps
One portion of vegetable or salad	Confectionary
Meat	Chocolate
Fish	Biscuits
Crackers	Cakes
Breadstick	Drinks (these are provided by nursery)
Bread	
Pasta	
Rice	
Cous cous	
Noodles	
Yoghurt	
Fromage frais	

Children's Pack Lunches

Staff will monitor all food included in the pack lunch and any that is not considered an healthy option as directed within the guidance will be removed, this may result in the option for the child to stay for pack lunch being cancelled.

Nursery will endeavour to ensure that pack lunches are stored away from heat sources. Parents and Carers have responsibility to ensure that their child's pack lunch will be clearly labelled with their name and stored in a suitable insulated container with an ice pack to ensure appropriate and safe storage of all contents.

The complaints procedure

If there is a concern regarding the implementation of this guidance in the first instance please follow the complaints policy.

Monitoring and Evaluating the policy

This policy will be reviewed annually or sooner if legislative changes or circumstances deem it necessary.