



Health Procedures-Healthy snacks/Lunchbox

To maintain healthy development and growth children need to eat a nutritionally well balanced diet. As an Early Years setting we are in a strong position to influence and can contribute significantly to improving the health and well-being of your child. Good nutrition in early childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Our aim is to share information with parents around the content of a healthy packed lunch and the balance of food groups that should be provided in a packed lunch. At Clare House we hope to positively promote the health and wellbeing of every child. We aim to support your child to foster a healthy attitude to food and work with you to ensure your child benefits from a balanced diet.

Guidelines recommend it is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods.

Limiting high fat and sugar foods will help protect your child from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. To ensure your child's a packed lunch is in line with Food Agency standards.

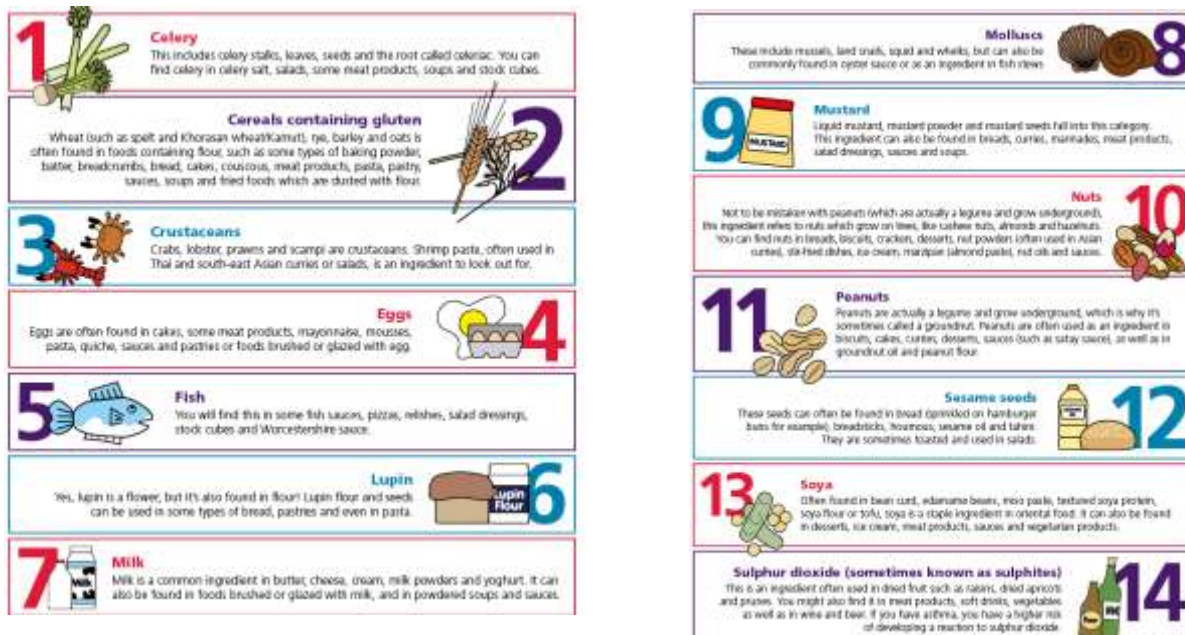


Allergens

we must be mindful to ensure other children are not exposed to potential life threatening allergens, where we have children with a significant allergen, we will alert everyone via our portal.

All staff will act sensitively towards the child and family and will follow our allergens policy.

Here below are a list of the 14 allergens set out by the food stands agency:



Food brought in from home including Birthday cakes and celebrations.

It is important to us that we have time to celebrate special events in a child's life. This sometimes means that food may be brought in from home to share with their nursery class. To be able to ensure that all children's dietary requirements are met and this can be consumed on site, we ask that....

- Where food is homemade from families: We send this home for our children to consume within their families care and we hold no responsibility for any allergic reaction to the ingredients within these products.
- We advise our families to bring shop brought products if they are wanting their child to consume this alongside their peers. We will only allow this to happen if we have a clear list of ingredients to ensure that no child or staff member is compromised.
- If food is to be shared, we ask the families to bring it in its original packaging so that we have full ingredients list.
- We will ask families to think of those with allergens when purchasing so that no one is left out.
- If Sweets are brought in we send these home with the child on that day, for them to consume at home.
- All consumables MUST BE NUT FREE

Drinks

- All children will have their bottles refilled with water Only.
- All children have free access to water in each room.
- Staff monitor children drinking to ensure that they are drinking enough.
- Fizzy pop style drinks will be not be allowed. Where children appear with this type of drink parents will be informed and a discussion will take place on that day.

Choking

The food standards agency has clear guidelines around choking prevention set out below:

- remove any stones and pips from fruit before serving
- cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
- cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
- do not offer raisins as a snack to children under 12 months – although these can be chopped up as part of a meal
- soften hard fruit and vegetables (such as carrot and apple) and remove the skins when first given to babies from around 6 months
- sausages should be avoided due to their high salt content, but if offered to children these should be cut into thin strips rather than chunks and remove the skins
- remove bones from meat or fish
- do not give whole nuts to children under five years old
- do not give whole seeds to children under five years old
- cut cheese into strips rather than chunks
- do not give popcorn as a snack
- do not give children marshmallows or jelly cubes from a packet either to eat or as part of messy play activities as they can get stuck in the throat
- do not give children hard sweets



With all of this in mind Clare house request that your child's lunch box must Contain:

Below is the order in which we give children their food:

- **A sandwich/Crackers/wrap /Savory item:** Any pouches for babies will be decanted into a bowl where the baby will be encouraged to use a spoon.
- *Children are expected to eat the savoury part of their lunch first.*
- **Piece of fresh fruit or vegetables**
- **One Yoghurt in a pot:** We will provide a spoon. We will not accept squeeze tube/pouch style yoghurts. These will be decanted into a bowl.
- **One Fruit pouch (Optional, Fresh fruit is best).** We will decanter into a bowl where the child will eat this with a spoon. Surprisingly, the research showed that **fruit pouches can have up to 17.3g of sugar (around 5 teaspoons)** – which is more than 100ml of cola (around 10.6g)! These findings highlight that pouches aren't as healthy as they appear, potentially misleading parents looking for nutritious snacks for their children
- **Packet of crisps** (consider splitting this over two days for the 2 year's and below or where packets are larger in size such as Pombeers/rabbits/wotsits)
- **One small biscuit based chocolate bar or cake.**

If your child is at the weaning stage we will work with and support you fully to ensure that the best start to food introduction takes place.

Please see Daisy room staff for advice and support around meeting your child's dietary needs.

Packed lunches MUST NOT contain the following:

- Nuts or nut products this includes all nut butters and hazelnut chocolate products
 - Fizzy / sugary drinks in cartons, bottles or cans: No fruit shoots
 - Chocolate-coated products / sweets / confectionary
 - Chocolate spread as a filling for sandwiches
 - Chewing gum
 - Sugared / toffee and salted popcorn
- **Whole uncut** round foods; grapes, cherries, blueberries, strawberries and cherry tomatoes
- Fruit winders: These are a choking hazard as children roll them into balls before eating them.

What lunchbox is best:

We ask that all our children bring/use plastic style lunch boxes
Ideally with a detachable lid.

Plastic style lunch boxes stack better therefore fit better in our are
limited fridge space.



We have observed many years of monitoring different styles of lunchboxes and have found that
children negotiate plastic style lunchboxes better as this allows children to be more independent.
Children can become very frustrated with flappy material lids as well as this our children's Tables are
small so big lunchboxes don't work for us.



Where your child(ren) may have a dietary requirement/ learning need that would/may affect food /diet intake and our guidelines cannot be met:

Please see your room lead for advice around this and a plan can be personalised to meet your child's
needs.

Microwave

We only use a microwave within our baby room.

Hotmeals

As part of our additional services and provisions you can opt in to our hotmeals.

Snack

We have Two Snack opportunities

9:30 and 3:30

All of our snack are planned carefully and offered during the sessions your child attends.

A variety of fresh fruit, vegetables is also offered to all children. Full details of the food we offer
during the day as part of our additional services is available on our food and nutrition policy.