



03 Food safety and nutrition procedures

03.3 Healthy eating and packed lunches

At Abinger Common Nursery we regard snack and lunch times as an important part of our day. Eating represents a social time for children and adults, and helps children to learn about healthy eating. We promote healthy eating to both the children and families that attend the Nursery, using resources and materials displayed for parents and embedded within the children's learning opportunities. We also offer guidance and tips to parents providing a packed lunch for their child to have at Nursery.

- ❖ We have a 'no nut' policy in place and we are especially vigilant where we have a child who has a known allergy to nuts.
- ❖ Parents must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- ❖ Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents.
- ❖ Staff refer to the Eat Better, Start Better (Action for Children 2017).
- ❖ The nursery follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating.
- ❖ The nursery manager maintains a record of children's dietary needs in a Food Allergy and Dietary Needs folder.

Packed lunches

- ❖ Children staying for lunch are required to bring packed lunches.
- ❖ We ask parents to ensure that all lunch bags and food containers are clearly labelled with their child's name.
- ❖ Staff promote healthy eating, ensuring that parents are given advice and information about what is appropriate content for a child's lunch box for example sandwiches with a healthy filling, fruit, and milk based desserts, such as yoghurt or crème fraîche.
- ❖ We discourage sweet drinks and can provide children with water or milk.

- ❖ Parents are also advised to take measures to ensure children’s lunch box contents remain cool i.e. ice packs, as the nursery does not have facilities for refrigerated storage as they are stored on the lunch trolley and served within 4 hours of preparation at home.
- ❖ Parents are provided with tips and ideas for packed lunches, with the aim to discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits.
- ❖ No nuts or nut products are allowed in children’s packed lunches.
- ❖ Team members sit with children to eat their lunch so that the mealtime is a social occasion.

This policy was adopted by

Abinger Common Nursery

On

March 2024

Date to be reviewed

March 2025

Signed on behalf of the provider



Name of signatory

Mrs Emma Powell

Role of signatory (e.g. chair, director or owner)

Nursery Chair Person