

# Broughton Manor Nursery Packed Meals and Snack Policy and Procedure

We aim to ensure that all children receive the necessary nutritious food their bodies and health require in line with the latest legislation.

We provide snacks, lunch and tea – these are all chargeable unless you choose to opt out – if you do choose to opt out you will have to supply what your child needs according to the policy and procedure outlined below.

Should you wish to opt out of both the optional charges and providing packed lunches for your child, you **will need to collect your child** and take them home for their lunch mid-session between 11.40am & 12.30pm.

Whilst we take every available precaution around children with allergies, under the new meal and snack procedures we will not be held liable for any ingredients that cause an new allergic reaction or if a known allergy is brought about by an ingredient in another child's snack or meal – we will observe all precautions around known allergies but cannot 100% guarantee no cross contamination with the required introduction of the option for packed meals and snacks.

Due to the newly released guidance on funding and charging we have had to introduce additional charges for a hot lunch, tea and snacks as funding does not cover meals or snacks.

Should you opt out of these charges we are obliged to offer the option of packed snacks and meals to our families. Whilst we prefer and recommend our hot home-cooked meals and our snacks we understand some parents may not wish to pay this additional cost and prefer to make and supply their own within the policy requirements.

We are highly conscious of the allergy status of some of our children and following the Early Years Nutrition Guidance we follow a no sweet and healthy eating ethos and have to place restrictions on what maybe in the lunchboxes and how it is prepared and presented.

We also cannot store packed lunches/teas for all children within our fridge space so it must be placed in a **labelled insulated bag** with a **full size frozen cold pack** to prevent foods going off between drop off and lunch or tea time (see links and images at the base of this policy)

We are unable to reheat and temperature check individual packed lunches thus all packed lunches must be able to be consumed **without re-heating**.

Snacks must be clearly labelled and only be items on the list in this policy.

**Our aim** To share information with parents around the content of a healthy packed meals and the balance of food groups that should be provided in a packed lunch.

To positively promote the health and wellbeing of every child.

To support your child to foster a healthy attitude to food and work with you to ensure your child benefits from a balanced diet.

**Rationale** 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.

Your child requires a balanced diet that includes daily intake of food groups;

- carbohydrates,
- fruit and vegetables,
- protein,
- dairy
- good fats that are low in sugar, salt, and excess fat.

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.

Sweets, chocolate, chocolate spread, cereal bars, toffee/salted popcorn, squash, and fizzy drinks **will not** provide your child with a healthy diet and **should not be included** in the packed lunch, as well as other foods and drinks high in fat and / or sugar.

### Five-a-day advice

We are advised ([Nhs.uk food-facts/5-a-day advice](https://www.nhs.uk/food-facts/5-a-day-advice)) that all children should have 5 portions of fruit or veg a day and as such we ask that you include 1 fruit or veg portion in all snacks and 2 fruit or veg portions in all meals.

**Meal Suggestions** – these must be able to be eaten without reheating and should be freshly prepared where possible – **cutlery** must be provided if required.

Sandwiches or bread rolls

Wraps

Rice or pasta salads

Crudites and dips

Natural or greek unsweetened yoghurt or fromage frais

Fruit - pre cut (as shown below), ready to eat where necessary as per policy (please note no kiwi due to allergies)

**Snacks** As funding does not cover snacks, these must also be supplied in separate labelled packaging and may only be from the list below;

Bread sticks

Crackers and cheese

Crudites

Natural or greek unsweetened yoghurt or fromage frais (spoon provided)

Fruit – pre cut ready to eat where necessary as per policy (please note no kiwi due to allergies and grapes must be cut as shown below)

Pre-prepared foods should be presented in their original packaging to ensure any products that are labelled as ‘may contain traces of nuts’ can be eaten away from any children with nut allergies.

All disposable packaging used in snacks or meals will be disposed of in the nursery for safety, tubs will be sent home to be washed.

## **Procedure (the environment we offer)**

We eat meals at tables together in rooms, this encourages children to be sociable and have time to eat in a comfortable environment respecting individual needs whilst ensuring good table manners are promoted. We may have to seat children according to allergy requirements to avoid cross contamination in the case of any severe allergies.

We encourage children to open and manage their own lunches/teas and put them away afterwards, promoting independence and self-help skills.

We offer a homely, independent, respectful environment by having plates for packed meals to be eaten off rather than children eating out of their lunch boxes.

We ask the children to help us set the table with plates and cutlery.

We have flannels and warm water and encourage children to clean their own faces after they have eaten.

We remind children that they need to have a drink, either with their water bottles or helping themselves at the water station.

## **Responsibility of parents/carers**

- To supply an appropriate packed meals in an appropriate container where food items can be stored securely.
- To work with the setting to ensure that packed meals provide healthy options for your children.
- To supply appropriate insulated meal bag and cold pack to keep food fresh as fridge space is not available for storage (see links/ images below.)
- To ensure adherence to the list of unacceptable items to ensure other children are not exposed to potential life-threatening allergens
- To ensure to abide by the 'cutting up' and preparation guidelines (see below) so foods do not pose any choking hazards to your or any other child.

**Special diets and allergies** – if your child is on a medically prescribed special diet or has a medically diagnosed allergy – all associated information and medication **MUST** be shared with the Matron and Nursery staff.

The setting recognises that some children may require medically or religious related special diets that do not allow for the standards to be met. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible and discussing the needs in full with the manager.

For these reasons children are also not permitted to swap or share food items and some children may have to be seated away from friends due to allergic conditions.

**Your child's pack meal must not contain the following:** Nuts or nut products – inclusive of peanut butter and Nutella or similar.

No Kiwi fruit

No seeds of any kind

Fizzy / sugary drinks in cans or bottles

Fruit or flavoured squash

Chocolate-coated products / sweets / marshmallows/ confectionary containing nuts.

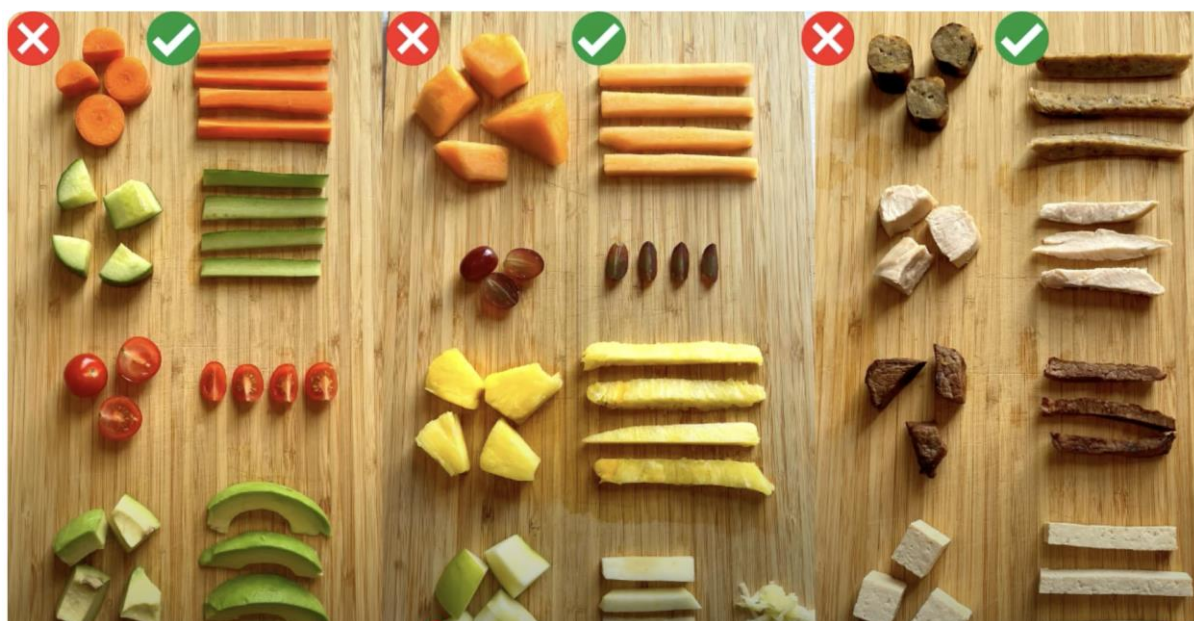
Chewing gum

Sugared / toffee and salted popcorn.

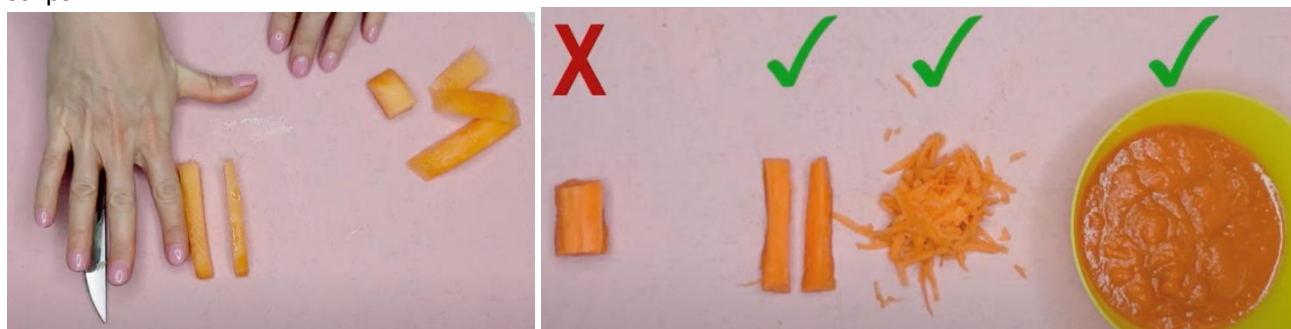
Dried fruit  
Jelly cubes  
Sweetened or flavoured Fromage frais & yoghurt

### Preparation and Cutting Guidelines for foods must be strictly adhered to;

- Grapes, strawberries, olives, cherries, blueberries and cherry tomatoes – these must all be cut into four pieces with all stones and pips removed.
- Large fruit and veg such as melon and apple into slices
- Cucumber, carrots and celery into short sticks
- Cheese must be cut into strips not chunks
- soften hard fruit and vegetables (such as carrot and apple) and remove the skins when first given to babies from around 6 months
- Sausages and processed meats should be offered no more than once a week 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



Images to show - Hand length sticks, skin removed where necessary, small items cut in 4 and meat/ fish in strips



Hard salad and veg maybe grated, in sticks or pureed.

## Useful links in relation to the guidance on appropriate foods and preparation.

[Food Standards Agency advice on weaning and cutting/Early Years Choking Hazards Poster.pdf](#)

[NHS FOOD guidelines for weaning and cutting/start-for-life](#)

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://help-for-early-years-providers.education.gov.uk/health-and-wellbeing/food-safety>



[Link to a suitable packed meal bag as an example](#)



[Link to a suitable ice pack to go in the meal bag](#)

All packed lunches **will be checked on arrival** and if deemed not suitable or presented incorrectly we reserve the right to refuse them as a suitable lunch/ snack option and request that an alternative be provided or a **fee will be charged** if the nursery has to provide the alternative.

**This information is also available on our website and in the nursery.**