

NUS01 NURSERY OPERATIONAL POLICY

SOP 6 HEALTH APPENDIX 8 PACKED MEAL

Research from Nourishing Our Future conducted by Anglia Ruskin University on Health Food for children over 200 Private Day Nurseries found that children consume 90% of their daily nutrient intake in their Early Years Settings. The same research found significant diversity in the nutritional quality of lunchbox food with high levels of ultra processed packaged foods. Throughout the research it brings evidence stating that one of the challenging parts was getting children to extend their food preferences because a lot of children were used to beige foods or highly processed foods.

This appendix is in line with Policy SOP 6 Health, and outlines what steps are required for those parents who wish to provide their child/ren with a packed meal.

This policy is used in line with the Early Years Foundation Stage Nutrition Guidance for Group and School Based Providers and The Early Years Foundation Stage (EYFS) Safer Eating.

[Early Years Foundation Stage nutrition guidance](#)

At Nuffy Bear Day Nurseries we must ensure all packed meals are healthy, nutritious and regulated by the National Standards.

If parents provide their child/ren with a packed meal, on arrival to the Nursery, a Nursery staff member will check the lunchbox/bag to ensure the steps below are followed.

- ✓ Parents/Carers must provide the same number of packed meals in line with what their child would receive for their duration of attendance.

Full Day	AM Session	PM Session
Breakfast, Morning Snack, Lunch, Pudding, Afternoon Snack, Tea <i>(total of 6 different meals)</i> Breakfast: You will be required to provide non-sugary cereal, but we will provide cow's milk. If your child does not drink cow's milk, you must provide an alternative.	Breakfast, Morning Snack, Lunch, Pudding <i>(total of 4 different meals)</i> Breakfast: You will be required to provide non-sugary cereal, but we will provide cow's milk. If your child does not drink cow's milk, you must provide an alternative.	Afternoon Snack, Tea <i>(total of two different meals)</i>

- ✓ Packed Meals are provided in a sealed bag/lunch box which your child's name clearly indicated.
- ✓ **All home-made meals must clearly be labelled with any allergies/dietaries. If no label is present, we will be unable to serve your child their meal. (Natasha's Law)** for example, if you make your child an egg mayonnaise sandwich, it must be labelled to say it contains eggs, mayonnaise, butter and bread or if you make your child a tomato pasta dish, containing a pre-made pasta sauce, the label must reflect every ingredient used in that sauce, plus pasta and if this is gluten free.

- ✓ If the nursery has any airborne allergies, we will update you ahead of time, and the nursery manager will work with you to identify the best solution in keeping your child and all children in attendance safe.
- ✓ Food items must be identified with the allocated meal they are intended for e.g., breakfast, snack (AM/PM), lunch, pudding, tea.
- ✓ As **fridge space is not available** parents are advised to send in packed lunches in a cooler bag or food that does not require refrigeration.
- ✓ Food **will not be reheated** by nursery staff, and therefore should be suitable for cold consumption. (Staff will decline to reheat food).
- ✓ Meals must be prepared ready to serve. Nursery staff will be unable to prepare individual meals, for example, nursery staff will not mix ingredients.
- ✓ We will encourage all children to eat and drink as much of their meals as possible.
- ✓ Any food that has not been eaten will be placed back in the child/ren bag/lunch box.
- ✓ Under no circumstances are any nuts allowed.
- ✓ If there are siblings attending the Nursery, they must have their own packed meals in individual lunch boxes/bags.
- ✓ Due to allergies and dietaries within the Nursery, the food you provide for your child will be consumed by them, and we will allow no sharing of food to take place.
- ✓ We do not allow the swapping of food items between children as there is potential for an adverse reaction.

Packed meals may include:

- ✓ At least one portion of fruit and vegetable, which is cut up in line with the Food Standards Agency for Early Years Food Choking Hazards. [FDA EY Choking Hazards](#)
- ✓ Meat, fish or other source of non-dairy protein (e.g. lentils, chickpeas, hummus)
- ✓ A sandwich that includes a savory filling (e.g. egg, tuna, cheese, cooked meat)
- ✓ A starchy food such as bread, pasta, rice
- ✓ Dairy food such as cheese, yogurt, fromage frais
- ✓ A smoothie or yogurt drink
- ✓ A bottle of water
- ✓ A biscuit that does not contain any chocolate.
- ✓ A snack such as savory crackers, breadsticks etc.
- ✓ Eating utensils if necessary
- ✓ Suitable weaning food which does not require heating or reheating

Packed meals must avoid:

- ✓ Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- ✓ Fizzy drinks, sugary drinks or juice.
- ✓ No sugary sandwiches such as jam or sprinkle.
- ✓ Nuts and nut products such as peanut butter or Nutella.
- ✓ Unhealthy ultra processed foods such as ready meals, instant noodles, pastries
- ✓ No grapes, kiwi or sausages
- ✓ The remains of the previous day take-away
- ✓ Packed meals must avoid items that are high in salt, sugar, or fat such as corned meat or individual meat pies.

For those child/ren who fail to bring in a packed meal or if the packed meal provided does not meet the standards in this policy, we will prepare and serve the child/ren with a Nursery meal, and for this day, the parent/carer will be invoiced accordingly.

If the child/ren refuses to eat their packed meal, a member of staff will contact the parent/carer to inform them, and a discussion will take place offering the child/ren a nursery meal. This will be invoiced accordingly.

Further information can be found:

https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf