



## Healthy Eating Policy

# At a glance: Lunch

### Drinks

- Provide only fresh tap water and plain milk for children to drink.



### Dairy and alternatives

- It is good practice to provide three portions of milk and dairy foods each day (including those provided at home); one of these can be provided as part of lunch.



### Beans, pulses, fish, eggs, meat and other proteins

- As well as providing protein, foods from this group also contain a useful source of iron and zinc and can be provided as part of breakfast.

Each lunch should include a main course and a dessert. Try to include foods from the four different food groups.



### Fruit and vegetables

- Provide at least one portion of vegetables and/or fruits as part of lunch each day. These can be fresh, frozen, dried or canned.
- Check product labels to choose canned vegetables and pulses without added salt and sugar, fruit canned in juice not syrup, and reduced salt and sugar baked beans.



### Potatoes, bread, rice, pasta and other starchy carbohydrates

- Provide a portion of starchy food as part of each lunch.
- Limit starchy foods which have been fried to once a week at lunch.
- Limit canned pasta in sauce.
- Avoid flavoured dried rice, pasta and noodle products eg packets and pots of instant flavoured noodles, pasta and rice.



HM Government

Example menus for early years settings in England can be found [www.gov.uk](http://www.gov.uk)

(Eat Better, Start Better, 2017)

## Guidelines for a Healthy Lunchbox

### Carbohydrates

Half a round of sandwiches (two quarters)/ two crackers/ pitta bread/one small roll/ one bagel

### Sandwich Fillings – Carbohydrates and Protein

Tuna and cucumber  
Ham and tomato  
Cheese and marmite  
Chicken and sweetcorn  
Egg mayonnaise and cress

### Dairy

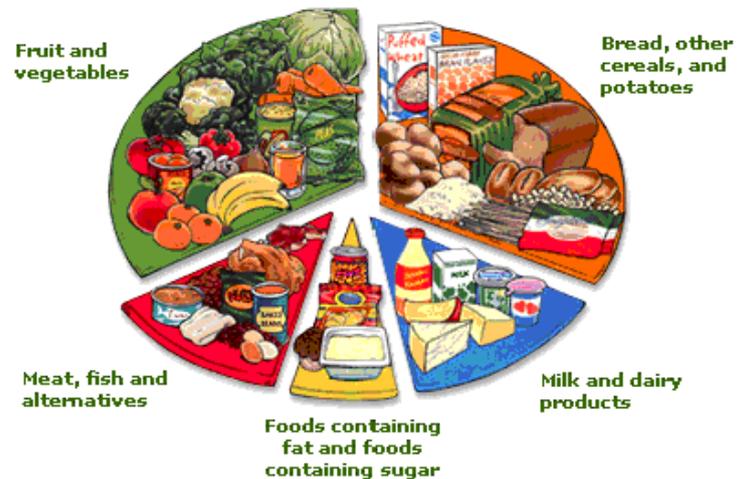
Cheese string or Dairy Lea Triangle  
Small yoghurt

### Fruit and Vegetables

Cucumber  
Pineapple  
Carrots  
Banana  
Grapes (please cut in half because of risk of choking)  
Apple

### Sweet Food Containing Fat and Sugar

One small biscuit bar or small cake



Below is an example of a healthy packed lunch

- Bagel with salad
- Carrot batons
- Apple
- Water
- 2 jaffa cakes

### Nutrition Information

Energy 447Kcals  
Protein 19.8g  
Fat 11.3g  
Saturates 5.0g  
Carbohydrates 70.1g  
Sugars 43.1g  
Sodium 595mg  
Salt 1.5g

In line with Downlands School policy children are not permitted to bring fizzy drinks, lollipops, chewing gum, sweets of any kind, chocolate bars, e.g. Milky way, Galaxy, Mars Bar or anything containing nuts to school in their lunch box such as Nutella or Peanut Butter.

Biscuit filled chocolate bars such as Kit Kat and Penguins are permitted.

All children are encouraged to eat their savoury items first and when the member of staff is satisfied that they have done their best they will be allowed their sweet items. No child will ever be forced or pressured by a member of staff to eat something they do not wish to so please ensure the items in your child's lunch box or the hot school meal are things they would normally eat at home.

### Food and Drink

Staff who prepare and handle food receive appropriate training and understand and comply with food safety and hygiene regulations.

Staff and parents/carers are aware of the Food Information Regulations 2014 and are informed about the fourteen major allergens in food and drink offered to children at snack time, displayed on the parent board.

Staff are informed of children's allergies from children's registration forms and they are displayed in the snack area for staff.

All food and drink are stored appropriately.

Adults make sure that hot drinks are not within reach of children.

Snack times are appropriately supervised, and children do not walk about with food and drinks.

Fresh drinking water is available to the children at all times. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day.

Dandelions operates systems to ensure that children do not have access to food/drinks to which they are allergic.

We provide nutritious food at snack time, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.

We organise snack times so that they are social occasions in which children and staff participate.

We inform parents who provide food for their children about the storage facilities available in the pre-school.

We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.

### Eat Better, Start Better Guidance

The Eat Better, Start Better Guidance (Action for Children, 2017), supports early years providers and practitioners to meet the Early Years Foundation Stage welfare requirement for the provision of healthy, balanced and nutritious food and drink. It also reflects the government's dietary recommendations for children aged six months to five years old and sets out the food and drink guidelines for early years settings in England. Dandelions follows the advice in this new guidance when providing food and drink to help meet the nutritional requirements of young children in Dandelions care. More information is available from: -

[https://www.foundationyears.org.uk/eat-better-start-better/?utm\\_source=Foundation+Years&utm\\_campaign=581138ac79-EMAIL\\_CAMPAIGN\\_2017\\_11\\_13&utm\\_medium=email&utm\\_term=0\\_e05004a334-581138ac79-296575641](https://www.foundationyears.org.uk/eat-better-start-better/?utm_source=Foundation+Years&utm_campaign=581138ac79-EMAIL_CAMPAIGN_2017_11_13&utm_medium=email&utm_term=0_e05004a334-581138ac79-296575641)

## References

Action for Children., 2017. *Eat Better, Start Better. Voluntary Food and Drink Guidelines for Early Years Settings in England* [online]. Available from: [https://www.foundationyears.org.uk/eat-better-start-better/?utm\\_source=Foundation+Years&utm\\_campaign=581138ac79-EMAIL\\_CAMPAIGN\\_2017\\_11\\_13&utm\\_medium=email&utm\\_term=0\\_e05004a334-581138ac79-296575641](https://www.foundationyears.org.uk/eat-better-start-better/?utm_source=Foundation+Years&utm_campaign=581138ac79-EMAIL_CAMPAIGN_2017_11_13&utm_medium=email&utm_term=0_e05004a334-581138ac79-296575641) [Accessed 18<sup>th</sup> November 2017].

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