

Yarburgh Community Preschool

Policy - 6.5.a Healthy lunchbox



Policy statement

Yarburgh Community Preschool aims to adhere to the national guidelines on healthy eating. We teach the children about different aspects of a healthy lifestyle including food choices and exercise. We hope you feel able to support us in our efforts to support children to be aware of, and make healthy choices.

We request that parents do not send children into preschool with nut-based foods for lunches, including peanuts (and peanut butter) and tree nuts. **Yarburgh is designated a nut-free setting.**

Fresh drinking water is provided at all times at Yarburgh for the children to help themselves and they can ask staff at any time for a drink.

Unfortunately, fridge space isn't available at Yarburgh for the pack lunches so please add a named freezer block to your child's lunch bag.

The lunchbox suggestions are guidelines not rules.

Suggestions for a healthy lunchbox

- at least one portion of fruit and one portion of vegetables e.g. carrot sticks, cucumber, tomatoes, small apple, orange or banana or sliced grapes.
- one portion of meat, fish or vegetarian source of protein e.g. chicken, ham, tuna, lentils or soya.
- one portion of starchy food e.g. bread, pasta, rice, crackers, tortilla wrap or pitta bread.
- one portion of dairy food e.g. cheese, eggs, yoghurt, fromage frais.
- a drink e.g. water, yoghurt drink or smoothie. (no fizzy drinks)

Children are encouraged to eat their savoury food first.

Children are not allowed to swap food.

We appreciate that some children may require special diets that do not allow for these guidelines to be followed completely.

Please ensure you send in an amount of food that is achievable for your child to eat (roughly the size of their flattened palms in total)

Thank you for supporting us. Please speak to us if you have any concerns.

This policy was adopted by Yarburgh Community Preschool

On _____ (date)

Date to be reviewed _____ (date)

Signed on behalf of the provider _____

Name of signatory Caroline Emmerson

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

Further information

For further information on a healthy diet please see:

<https://www.gov.uk/government/news/new-eatwell-guide-illustrates-a-healthy-balanced-diet>