



Lunch Box Policy

The aim of the policy is to ensure that all food and drinks brought from home, consumed at Windsor Kindergarten provide children with healthy and nutritious food. All food served in the nursery is governed by legislation in line with British Nutrition Foundation www.nutrition.org.uk/healthyliving/toddlers.

Windsor Kindergarten Responsibility

The Nursery will ensure that eating food from home is a sociable experience. Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat.
- Ensuring good behaviour and consideration for others is maintained.
- Providing fresh drinking water at all times

The Nursery is not responsible for providing:

- Fridge space, so we request that food from home is in insulated bags with freezer blocks.
- The nursery is not allowed to reheat leftover meals from home, all packed lunch food must be ready to eat without the need for heating.
- At Windsor Kindergarten we recognise that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example, a child with diabetes may need to bring an emergency sweet snack to school. In these cases, parents and carers are responsible for ensuring the food from home is specific for the child's needs and a plan will be put in place to support this.
- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction (e.g., **Nut allergy**)

Due to children with allergies foods that may contain NUTS, cannot be consumed at mealtimes, i.e., cereal bars, savoury snacks.

We would like all Lunch Boxes to include:

At least one portion of fruit (e.g., small apple, orange, cherry tomatoes)

At least one portion of vegetables (e.g., carrot sticks, cucumber, celery)

Meat, fish or other source of non-dairy protein (e.g., chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus and falafel)

Oily fish such as salmon at least once every three weeks

A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g., pitta bread, tortilla wraps, rice cakes, oat cakes)

Dairy food such as milk, cheese, yoghurt, fromage frais or custard

Lunch Boxes must not include:

Snacks such as crisps (alternatives include savoury crackers, breadsticks, rice cakes)

Confectionery such as chocolate bars, chocolate coated biscuits and sweets (alternatives include small cakes, shortbreads and flapjack or plain biscuits)

Items that contain Nuts or nut products (i.e., peanut butter) due to allergies

Fizzy drinks, drinks with added sugar or sweeteners

Drinks in glass bottles or ring pull cans.

The remains of the previous days take-away or left over meals.

Lunch Boxes should not regularly include items that are high in fat or salt. For example: Cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies

Policy reviewed September 2023