

This policy was reviewed & adopted at a meeting of The Heathers Nursery held via Zoom on 8<sup>th</sup> December 2020. Review date: December 2022



**THE HEATHERS NURSERY  
POLICIES AND PROCEDURES**

**POLICY 10: Lunch Club**

**EYFS key themes and commitments**

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and wellbeing	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

**Policy statement**

This setting regards snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

**Aim**

We aim to promote healthy eating using Norfolk County Council guidance for Early Years and Childcare Settings in Norfolk - Healthy Years - Encouraging Healthy Choices. We aim to encourage the eating of nutritious food, which meets the children's individual dietary needs.

**Procedures**

- Parents are asked to provide a cold packed lunch and a soft drink for their child's lunch.
- Children's lunches should be packed in a named plastic lunch box.

- Drinks should be in a bottle as cartons easily spill and often get left after just a sip has been taken.
- We are unable to heat up any food provided in a child's lunch box.
- Lunches must include a savoury option - sandwiches, sausage rolls, pitta bread etc.
- Lunches are placed onto plates by the staff and children are encouraged to eat their savoury option before they eat crisps, biscuits, yoghurts.
- Nuts and nut products are currently not allowed due to allergies within the nursery, this includes peanut butter - this is reviewed annually should the allergy situation change.
- Parents are reminded of our healthy eating goals and to consider this when preparing their child's packed lunch.