

# Home Meals Policy

**To grow and stay healthy children need to eat a nutritionally well-balanced diet. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.**

**To ensure that children who bring food from home to eat at Woodlands Nursery is just as healthy and nutritious as the food we provide.**

**New research shows that healthy eating in the early years can influence growth and academic achievement in later life.**

- To ensure that we give consistent messages about food and health
- To give our children and parents the information they need to make healthy choices
- To encourage healthy eating habits in childhood that can influence health and wellbeing in later life
- To promote health awareness
  - To ensure that children get the right amount of energy (calories) and nutrients as children grow rapidly during this time of their life
- To ensure children do not consume too much energy (calories) which may lead to obesity or a child becoming overweight
- To contribute to the healthy physical development of all members of our nursery community
- To promote consistency between food from home and food provided by nursery, they should both adhere to national standards set by the government.

**This home meals policy fits within a wider context of promoting a whole nursery approach to food and healthy eating.**

**Children's meals should be based on the 'Eatwell Guide' model which shows items from the 5 main food groups; (Food Standards Agency).**

**Woodlands Nursery will work with parents and carers to advise that food brought from home follow the list below:**

- Fruit and vegetables; at least one portion of fruit, vegetables or salad a day. Ensure grapes and berries are cut in half (long ways).
- Carbohydrates; starchy food such as bread, pasta, rice, couscous, noodles, potatoes (not fried)
- Dairy; food such as cheese, plain yoghurt such as greek yogurt (not sweetened)
- No Crisps an alternative suggestion to this would include savoury crackers or breadsticks
- Food should be age appropriate, so that the child can eat independently and should not need preparing by the staff.

**The following should not be included:**

- Fried food or food high in saturated fat - such as sausage rolls, Cornish pasties, chicken nuggets etc
- Fizzy/sugary drinks in cartons, bottles or cans (including diet drinks which contain high levels of caffeine and other additives which are not suitable for children)
- High sugar foods - such as jam, chocolate spreads or sweets
- Confectionary such as chocolate bars, chocolate covered biscuits and sweets.
- Crisps

**PLEASE BE AWARE THAT WE ARE A NUT FREE BUILDING, THEREFORE ANY PRODUCT CONTAINING NUTS IS NOT PERMITTED, IE; PEANUT BUTTER.**

**Please provide an insulated lunch box and ice block, or only pack food that does not need refrigeration as we do not have space to store food in a fridge. We are also unable to heat food.**

**Please ensure your child has enough food for their session - breakfast, snack, lunch etc.  
Water or milk will be provided.**

**At no time will a child be made to feel ashamed or uncomfortable about their food from home. We hope that all parents and carers will support this policy. If you have any further questions or require some advice, please do not hesitate to speak to a member of management.**

