

Packed Meals Policy

TOY BOX NURSERY

What Toy Box will provide:

- An appropriate area where children, who choose to bring packed meals can eat and where possible, they will be able to sit with those having our dinners.
- A storage area for packed meal bags, in the most convenient and appropriate place possible. However, Toy Box cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into nursery.
- Drinking water.
- Toy Box will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed.

Suggestions for food to include in a healthy packed meal:

- Meat, fish, eggs or other source of non- dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, wrap, roll or salad).
- Oily fish such as pilchards, tuna or salmon. These foods provide protein for growth.
- A starchy food such as bread, pasta, rice, potatoes or other types of cereals every day. These starchy foods are a healthy source of energy.
- Dairy food such as milk, cheese, yoghurt or fromage frais. These foods provide calcium for healthy bones and teeth.
- Cereal bars rather than cakes and biscuits.
- Pretzels, fruit, crackers and cheese and vegetable or bread sticks with a dip.

- Vegetable sticks and fruit. Please make sure that grapes are cut into quarters to prevent choking.

Packed meals should NOT include:

- Drinks, as water will be provided with meals.
- Sweets / confectionery.
- Chewing gum.
- Cakes or biscuits.
- Nuts or nut products because of the danger to other children with allergies.
- Hot food – due to the health and safety concerns relating to food poisoning and scalding. Hot food must be kept at a temperature of not less than 75 degrees Celsius in order to prevent the development of dangerous bacteria. Toy Box has no facilities to maintain or monitor required temperatures for hot packed meals.

Special Diets

Toy Box recognizes that some children may require special diets due to verified medical conditions. In this case, parents are urged to inform us and be responsible in ensuring that packed lunches are as healthy as possible.

.....*Owner/Manager*

..... *Deputy Manager*

Date:

Review Date: