

Funded Days Consumable Policy

To grow and stay healthy, children need to eat a nutritionally well-balanced diet. Nurseries are an influential setting and can contribute significantly to improving the health and wellbeing of children.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short-term and in later life. There is increasing concern that children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Aims of this policy:

To ensure that packed daily meals and snacks reflect the same standards for our nursery meals/snacks.

Objectives:

To improve the nutritional quality of packed daily meals and snacks in nursery and the eating habits of children.

To develop an awareness in children, parents and carers that the nursery takes a proactive approach to promoting healthy eating.

To encourage healthy eating habits in childhood that can influence health and wellbeing in later life.

To ensure that food brought into nursery (packed meals/snacks) reflects and meets food standards in Early Years.

What to put in your child's packed daily meals:

Children's packed daily meals should include items from the five main food groups:

- Bread, rice, potatoes and pasta. These starchy foods are a healthy source of energy. Packed daily meals should include two or more portions of this food type, for example pasta salad or sandwiches.
- Fruits and vegetables. These foods provide vitamins, minerals and fibre. Packed daily meals should include at least one portion of fruit and one portion

of vegetables/ salad, or more, cucumber sticks, cherry tomatoes, a piece of fruit.

- Milk and dairy foods. These foods provide calcium for healthy bones and teeth. Include one portion at a mealtime, for example a yoghurt, fromage frais or milk.
- Meat, fish, eggs and beans. These foods provide protein for growth. Packed meals should include one portion of these foods, for example boiled egg as a filling in a sandwich or a mixed bean salad.
- Drinks. Drinks need not be provided as part of your child's packed daily meals. The nursery will provide your child with fresh water or milk.

Please support nursery by not providing the following items in your child's packed meals:

- Foods which are high in sugar or salt
- Fizzy/ sugary drinks in cartons, bottles or cans
- Chocolate-coated products, sweets or confectionary
- Chocolate spread as a filling for sandwiches
- Sugared, toffee or salted popcorn
- Crisps or any packet of savoury snacks which are high in salt and fat
- Any products containing nuts (or other nut-based products)
- Energy drinks
- Chips and fried foods (such as chicken nuggets)
- Meat on the bone

Choking hazards for children.

Please do not provide any of the following in your child's packed meals (we will endeavour to remove these items from packed meals when we see them to prevent possible incidents of choking):

- Whole grapes (these should be quartered if sent in a packed lunch)
- Whole cocktail sausages or large sausages cut into circular shapes (these should be cut into longer baton shapes)
- Hot dog sausages
- Marshmallows
- Whole cherry tomatoes (these should be quartered if sent into nursery)
- Pieces of hard raw vegetables such as carrots or apples (these should be cut into longer baton shapes)
- Whole melon balls (these should be quartered if sent into nursery)
- Any food that is overly sticky or difficult to chew
- Popcorn

The Nursery is not responsible for providing:

- Fridge space, so we request that food from home is in insulated bags with freezer blocks. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.
- The nursery is not equipped to heat/ reheat any food in packed meals.

Waste and disposal.

Nursery will, within reason, send any uneaten packed meal items back home. The rationale for this is that parents and carers can also monitor what their child has consumed during the day as this won't be recorded on blossom and then raise any concerns over their child's food intake with the nursery.

Dining facilities for children bringing packed meals from home.

The nursery will provide an appropriate area where children can choose to bring packed meals to eat. All food is to be brought into nursery in sealed clear bags, that must be labelled with the child's name and what meal it is for e.g. breakfast, snack etc.

Monitoring and evaluation.

The nursery will carry out regular monitoring of packed meal provision. Where there may be concerns over a child's food and nutritional intake and/ or the content of their packed meals, this will be dealt with timely and sensitively by contacting parents to offer advice.

Our Nursery accepts no responsibility for accidents or incidents to children caused by foods sent by parents/carers in their packed meals. We will of course carry out our statutory duty with regards to administering immediate first aid in incidents where choking occurs.

Hygiene consumables- on funded days the government funding does not cover Food consumables or hygiene consumables.

A sealed bag is required each funded day with the following specific items from our trusted supplier ;

1. 5 Nappies (any brand)
2. Full pack of baby wipes (any brand)

3. 5 pairs of Blue size Medium disposal gloves and 5 pairs of White disposal size Medium gloves from Gompels
4. 5 Blue and 5 White disposal aprons from Gompels
5. 1 Pack of nappy bags to dispose nappies in.
6. Nappy Cream- labelled with name on
7. 1 Bottle of suncream

If any of these items are not provided in a sealed bag by arrival your child will be sent home.

Link to Gompels: www.gompels.co.uk

Item Check list per day	
Breakfast in a sealed bag with child's name and which meal labelled	
AM Snack in a sealed bag with child's name and which meal labelled	
Lunch in a sealed bag with child's name and which meal labelled	
PM Snack in a sealed bag with child's name and which meal labelled	
Teatime meal in a sealed bag with child's name and which meal labelled	
Hygiene Bag labelled with child's name	
5 Nappies	
1 Pack of baby Wipes	
5 Pairs of Blue disposal gloves	
5 Pairs of White disposal Gloves	

5 White disposable aprons	
5 Blue disposable aprons	
1 pack of nappy sack bags	
Bottle of suncream	
Nappy Cream	