



Packed Lunches Policy

At Tiny Toez we promote Health Eating and Oral Health throughout all of our menus, snacks offered, and food bought in from home. This also includes packed lunches, where possible we offer the option for parents to bring in packed lunches from home. However their contents must comply with our other policies around foods.

Packed lunches must contain healthy foods, that also promote oral health. Packed lunches will be checked by a staff member before being given to children at meals times. If they are deemed unhealthy or non-compliant with our policies, this will not be served and a nursery lunch will be provided as an alternative. A lunch charge will then be added to your child's account.

We request that packed lunches are bought in a cool bag, that also has an ice or cool pack inside to keep foods fresh. We will then dispose of any uneaten items after each meal time so that food isn't left in lunch boxes for the remainder of the children's session.

Milk or Water will be offered at mealtimes, therefore there will be no requirement to provide any drinks from home.

The packed lunch must be a cold food option, we will not heat up any meals or foods provided in packed lunches.

See below a list of food options suggested for lunch



- Sandwiches, Wraps, Bagels, Pittas, Crackers (Meat or Cheese)
- Salad sticks (Carrot, Pepper, Celery, Cucumber)
- Fruit (cut into quarters or slices)
- Yoghurt
- Cheese sticks
- Breadsticks or Rice Cakes
- Small cupcake or Biscuit
- Raisins

See below a list of food options that will **NOT** be given to children



- Crisps or Nuts of any kind
- Sweets
- Chocolate
- Multiple cakes / biscuits
- Juice / Fizzy drinks
- Smoothies

How much food should be provided?

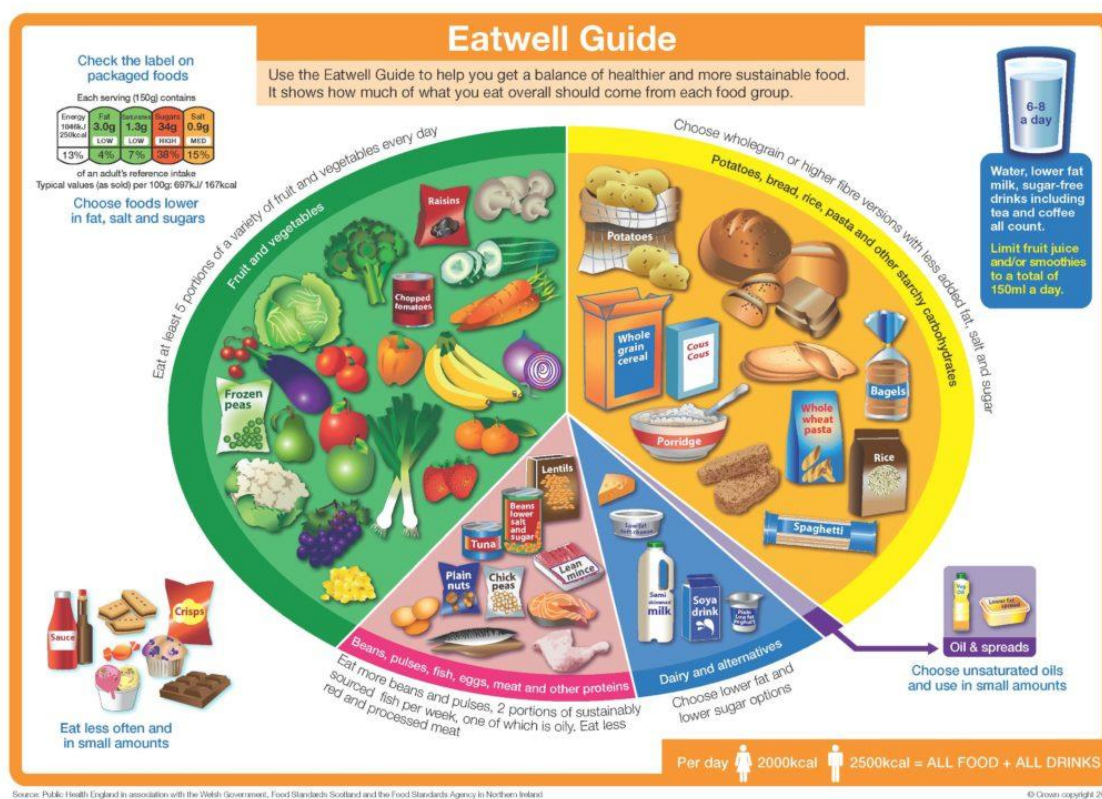
According to many food guides, babies who are starting to eat solid foods need between 750-900 calories per day. 400-500 calories of their daily intake should come from milk.

As children grow and become more physically active, their calorie intake will need to increase. Children in their toddler years (2-3 years) generally need between 1,000-1,400 calories per day. When children reach pre-school age (3-4 years) they would typically need between 1,200-1,400 calories per day.

Guidance around portion control can be obtained via the nursery team. Further information can be found at the following websites below;

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://www.henry.org.uk/>



This policy is in conjunction with our Oral Health Policy and Food and Drink Policy

	Date	Next Review Date
Reviewed By		
C. Cuthbertson	July 2023	July 2024
C. Cuthbertson	November 2024	November 2025