

# Wildlings



## Healthy Lunch Policy

### **Policy statement**

Wildlings aims to adhere to the national guidance on healthy eating. As stated below our suggestions for a healthy lunchbox are guidelines not rules. At Wildlings we will continue to teach and discuss aspects of a healthy lifestyle, of which healthy eating is only one. We hope you feel able to support our efforts to help our children to make healthy choices.

### **Food and drink in packed lunches**

Wildlings will provide a place and adequate time for children to eat a packed lunch and ensure that fresh drinking water is readily available. As fridge space is limited at Wildlings, you are advised to send packed lunches in insulated bags with freezer blocks, where possible, especially during the summer. A good substitute for a freezer block is a frozen drink which will defrost during the morning. Wildlings will encourage parents to consider the guidelines for a healthy packed lunch listed below. Please ensure that boxes, bottles etc are all labelled with your child's name.

**The following are intended as guidelines, not rules. However, we feel that consideration of these guidelines will support the whole of the Wildlings community in developing healthy eating habits.**

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables each day e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, mango slices.
- A meat, fish or vegetarian source of non-dairy protein e.g. chicken, turkey, ham, beef, tuna, lentils, kidney beans, chickpeas, falafel, soya, tofu.
- A starchy food e.g. bread, pasta, rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy (or vegan alternative) food e.g. milk, cheese, yoghurt, fromage frais
- A drink of water. An additional drink of milk, yoghurt drink or smoothie could be added. No fizzy drinks and avoid sweet drinks such as squash or juice. Please do not pack glass bottles.

When packing children's lunches please consider varying the contents for a good balance of nutrients. Look out for the colour coded nutritional information on food packaging. Remember the more green(s) on the label, the healthier the choice.

### **Other issues**

- Please do not include sweets and chocolate bars. We do not expect sweets to be eaten at Wildlings except on special occasions (the amount of sweets would then be limited). We also recommend cake or biscuits to be limited to one item.
- Please do not include crisps or other salty foods in lunch boxes everyday. Good alternatives are savoury crackers or breadsticks.
- High fat meat products such as sausage rolls, individual pies and sausages should only be included occasionally.
- Take-aways and fast foods are not acceptable for Wildlings lunches.
- Children will be encouraged to eat their savoury food first. Encourage children to regard foods very high in sugar or fat as treats and not staple foods for a lunchbox.
- We follow the health guidelines for the preparation of grapes, tomatoes and other small items. Please ensure that grapes are cut in half. This is to prevent the risk of choking. Please also use common sense in the preparation of other small fruit items and cut them up accordingly.

### **Special diets and allergies**

Be aware of food allergies. Wildlings is a **nut free setting**, several children in attendance have allergies. Please ensure that there are no nuts or foods containing nuts in your child's lunchbox. Please check the ingredients of cereal bars and items such as "naked" bars.

Wildlings recognises that some children may require special diets that do not allow for the guidelines to be adhered to exactly.

We encourage children to understand when they are full. This means that they will not always eat everything in their lunchbox.

Any items that are not acceptable will not be given to your child, and a polite reminder note written. We will provide them with an alternative so you can be assured that they will not be hungry.

Thank you for your cooperation.

*Date Created: January 2021*

*Reviewed and amended date: September 2022*