

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 at all times. 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.
- Meat, fish or vegetable 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 food e.g. milk, cheese, yoghurt, fromage frais.
- A drink of either water, fruit juice, milk, yoghurt drink or smoothie. No fizzy drinks or glass bottles please.

Other issues

- Please do not include sweets and chocolate bars in a lunchbox. We do not expect sweets to be eaten at Wildlings except on special occasions (the amount of sweets would then be limited). We would also hope that cake would be limited.
- Please do not include crisps in a lunchbox every day. Good alternatives are savoury crackers, breadsticks or cereal bars.
- 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. Wildlings will, from time to time, send lunchbox ideas home.
- Grapes, tomatoes and other small items- we follow the health guidelines on the preparation of grapes. Please ensure that grapes are cut into quarters. 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. A member of the Wildlings staff team and children in attendance have a **severe nut allergy** that could be fatal. As such, we are a **nut free setting**. 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.

Please do not include any undercooked or potentially **undercooked egg** products into Wildlings, due to allergies amongst those attending.

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 date: