



## THE CABIN - LUNCH BOX POLICY

It is really important that children learn about healthy eating from a young age, and develop an understanding of looking after their own bodies and how to maintain a healthy lifestyle as they move towards adulthood.

**'One fifth of children are overweight or obese when they begin school, and this figure increases to one third by the time they leave primary school.'** (House of commons, 2015)

Our statutory guidance (Department for Education/EYFS) states that meals and snacks should be 'healthy, balanced and nutritious' – It is our responsibility to ensure parents provide lunches that meet this criteria.

- Ensure your child has had a **filling breakfast** before they come to pre-school. In holiday club, we provide breakfast if children arrive prior to 8.30am.
- Too many choices can confuse children; we recommend a **maximum of 5 food items** in the lunch box.
- We will always encourage children to eat **Group 1 and 4 items first** (see page 3), followed by group 2 and 3. (Dairy should be eaten after fruit as this neutralises the acidity that can damages teeth and causes decay.)
- If a child has more than one serving of any of the groups ie 2 yogurts/2 portions of fruit they will be given the option to choose one of the items as this is sufficient to meet their dietary needs. They will be able to eat them both if they choose to/are still hungry.
- Yogurts must be fruit or plain (chocolate or toffee flavours/Muller corners will be classed as a treat). Plain custard or rice pudding are also healthy dairy options (low sugar options are often available).
- **Fresh fruit is preferable over dried fruit.** Dried fruit is very high in sugar and causes severe decay to teeth. We will ask children to eat their dairy option after dried fruit to neutralise the acid and reduce damage to teeth.
- If dried fruit is sent, **please only send in original form** (apricots, raisins, prunes) rather than processed products such as Yo Yos, fruit winders, yogurt covered fruit flakes and fruit stars. These products will be considered as a treat as many of them are made from concentrate and can be more harmful to dental health.
- We ask that **treats (group 5) are not included in lunch boxes.** Treats are high fat/high sugar products (chocolate, sweets, crisps, cakes, buns, cereal bars etc). If these items are included in the lunch box they will be returned home.
- If you believe that your child will still be hungry after eating sandwiches/pasta salad, fruit, vegetables, yogurt/cheese please include a healthy snack such as fruit malt loaf, cheese & breadsticks, savoury rice cakes, crackers or more filling fruit (banana).
- We will send home any food your child refuses/partly eats so that you can see how much they have actually had.
- Please pack food that you **know your child likes or has tried** before.
- Providing a drink is optional. (we will always offer water at lunchtime to children without a drink) We recommend a drinks bottle rather than cartons, as cartons often get wasted. Please do not send fizzy drinks. We recommend water, sugar free cordial, or fresh fruit juice that has been diluted.
- Please **do not send 'nut' products** (that contain whole nuts/chopped nuts) due to severe nut allergies.
- We are unable to heat/cook lunch items for your child, please send warm food items in a flask if needed.
- We do not have sufficient fridge space for lunch boxes, please put an icepack in the lunch box- especially during warmer weather.

We believe in the importance of healthy eating and staff will follow the same guidelines when eating lunch at The Cabin.



Please continue reading for further information about healthy eating, ideas for lunch boxes and links that support the need for a healthy, balanced diet.

<http://www.nhs.uk/Livewell/goodfood/Pages/the-eatwell-guide.aspx>

The information above from the government advises that ‘treats’ (high fat/high sugar) are not needed in a child’s diet and should be limited.

There has been information in the media that suggests that children are starting school obese/overweight. It is our responsibility (parents and The Cabin) to educate children on the importance of a healthy diet and being active. It is important that we encourage children to try a wide range of healthy foods at a young age in order for them to develop into healthy adults.

Please see the NHS link below for more information about child obesity.

It is believed that children ‘burn off’ high sugar/fats due to the high amounts of physical activity that they do, however there are other long term effects caused by an unhealthy diet that may not be visible. It is better for children’s health for them to be ‘fuelled’ with larger amounts of healthy food and less unhealthy food.

<http://www.nhs.uk/Livewell/childhealth1-5/Pages/Overweight2to5.aspx>

1	Remember that kids’ tummies are smaller than adults’, so they need less food to make them full. Don’t fall into the trap of serving up the same size plateful for everyone in the family.
2	Find or buy some child-sized plates and bowls. Plates and bowls are made bigger than ever now, so of course when you put a child’s portion on an adult’s plate it doesn’t look anywhere near enough. When you start serving them meals on proper sized plates, it will be much easier to tell if they have too much.
3	Get the kids to eat at the table rather than in front of the TV. Watching TV while they eat distracts them and they could end up not noticing the signal from their tummy telling them that they’re full up – so they may end up eating too much.
4	Be careful of pre-packaged portions. Most things come in adult sizes, so don’t just give a whole portion to a child. For example, let them share a bag of crisps, or keep some back for later.
5	Set up a regular mid-morning and mid-afternoon snack time when the kids are at home, and give them a healthy little snack. This means that their bodies get trained to think that regular food is coming, and they don’t tend to overeat at mealtimes.
6	If you’re worried they’re not getting a balanced diet because they’re picky eaters, encourage them to try a mouthful of everything on the plate, rather than to eat it all up and have a clean plate.
7	Give them less rather than more to start with – they can always ask for seconds. This way you’ll have less waste and they won’t eat too much.
8	If the kids say they’re hungry as you’re cooking, give them a glass of water or juice to fill them up, rather than a snack that could ruin their appetite. It really WILL stop them being hungry for a little while and it means they’ll eat all of the ‘Me Size Meal’ you give them.
9	Don’t worry if they don’t have a clean plate and they say they’re full – it just means they probably are full! Your kids won’t starve – if they’re hungry, they’ll probably eat – whatever you put in front of them.
10	If can be tricky to work out how much everybody in the family needs for their size. It seems obvious, but a 5 year old needs less than a 10 year old, and a 10 year old needs less than an adult. So the best thing to do is look at your fist in comparison with your kids’ fists and see how much smaller they are. When you’re working out how much to give them, bear in mind that their tummies are this much smaller too.



Following a training course with a Food and Well-being Advisor from Kirklees, we have decided to follow her advice that treats (high sugar/fat/salt) are no longer needed as part of a packed lunch.

We believe that occasional treats are not harmful to children's health and it is parents responsibility to decide the appropriate amount for their children at home.

When choosing treats at home please look at the dietary information on the packaging. The food standards agency guidelines state that products with more than 15g of sugar, 20g of fat, 5g of saturated fat or 1.5g salt in 100g is considered a HIGH amount and should be only eaten as an occasional treat. Some companies use a 'traffic light' system, avoid products with RED sections as these are less healthy.

We provide healthy snacks at pre-school at around 11.00am and 2.30pm. Holiday club have a morning snack around 10.30am and a light tea at 3.30pm. Our snack menu is displayed in the hallway, it consists of fruit, vegetable sticks and dips, yogurt, toast and crackers and cheese. These snacks are quite a small portion designed to train children's stomachs to expect a regular intake of food and therefore prevent children over-eating at meal times. Obesity is on the increase and **'9/10 of our kids today could grow up with dangerous amounts of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease. These days, modern life can mean that we're a lot less active and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to.'**(Change4life)

We need to help children make healthy choices in relation to their food and exercise. In the table below there are some great tips to support the whole family being healthy and active!

[www.nhs.uk/change4life](http://www.nhs.uk/change4life) if you'd like more advice on healthy eating, see [www.eatwell.gov.uk](http://www.eatwell.gov.uk) or visit [www.5aday.nhs.uk](http://www.5aday.nhs.uk)

There are 5 food groups:

1. Starch (Bread, rice, pasta)
2. Fruit and vegetables
3. Dairy (Cheese, Yogurt)
4. Protein (Meat, fish, eggs)
5. High fat and sugar (Chocolate, Jam, biscuits)

Groups 1, 2 and 4 do not need to be 'limited' however you should think about the correct amount of food for your child (see guide below). Group 3 should be no more than 3 portions a day and Group 5 limited to small portions on a 'treat' basis.

**Group 1 – ½ a bagel, ¾ bread roll, 1 medium slice of bread, ½ pitta.**

**Group 2 – 10 grapes, 1 tangerine, 6 carrot sticks, 4 cherry tomatoes.**

**Group 3 – 1 Average yogurt, 1 processed cheese (cheeses string), 4 tbsp of grated cheese.**

**Group 4 – 4 wafer thin slices of ham, 1½ tbsp of tuna, 1 egg.**

**Group 5 – 1 biscuit, 4 tbsp of jelly, a very thin spread of jam, treat-size milky way.**



Please see the table below for some healthy lunch box ideas:

<b>Tummy-fillers (Carbohydrates/starch)</b>	<b>Five-a-day options (Fruit and vegetables)</b>	<b>Good for growing bones (Calcium/dairy)</b>	<b>Snacks/treats</b>	<b>Thirst- quenchers</b>
Sandwich or wrap Wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap, croissant.	Any combination of: raisins, pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes.	Fruit yogurt, fromage frais or dairy-free alternative	Hardboiled egg, scotch/savoury egg, mini sausages, falafel.	Water
Savoury muffin or scone/potato cake	Whole fruit - satsuma, apple, banana, pear, peach, plum, grapes	Cold rice pudding or custard	Cubes of cheese, pre-packed lunchbox sized cheese portions.	Milk (whole, semi skimmed, goats or soya)
Pasta salad, rice salad, cous cous, potato salad.	Fruit salad pot - any combination of prepared fruit (strawberries, orange, melon, mango, etc.), homemade fruit Puree.	Greek or plain yogurt	Crackers, crisp bread, oatcakes, rice cakes, cheesy biscuits, bread sticks.	Well diluted highjuice squash/low sugar/sugar free
Quiche, mini quiche or frittata	Salad pot - any combination of prepared raw vegetables (cucumber, pepper, celery, cherry tomatoes, carrot, mangetout, slices of avocado sprinkled with a little lemon juice etc.) or coleslaw.	Cheese portion, cottage cheese with pineapple.		Pure fruit juice or smoothie - preferably diluted.
Pizza slice, sausage roll, mini pasty, cheese and potato roll, samosa, pakora, spring roll	Tinned fruit pot (useful in the winter if you can't find ripe fresh fruit) - mandarins, pineapple, peaches, fruit salad, pears)	Dips - hummus, tzatziki, raita, cream cheese and plain yogurt.		

<https://www.dentalhealth.org/tell-me-about/topic/sundry/diet>

<https://www.infantandtoddlerforum.org/portion-sizes-table-2015?foodgroup=5>

<http://www.food.gov.uk/multimedia/pdfs/publication/foodtrafficlight1107.pdf>