

Healthy Eating

The Revised EYFS 2021 Legal Framework emphasises the importance of supporting children to learn how to look after their bodies, including how to make healthy choices in relation to food and to promote their good oral health. Please read the information below carefully as this sets out guidance to help you provide a healthy lunch box. Please be aware that food that is **high** in salt, saturated fat and/or sugar will not be given to the children, we will return it to you. If you would like any recommendations, ideas or further information, please just let us know.

Drinks

We will provide only fresh tap water and plain milk for children to drink. Fruit juice, smoothies, squash, fizzy drinks and flavoured milk, even when diluted, contain lots of sugar and can cause tooth decay. Diet or reduced-sugar drinks are not recommended for children as these drinks can fill children up so they're not hungry for healthier food.

When offering dairy alternatives to cow's milk:

- Unsweetened calcium-fortified, plant-based drinks (such as soya, oat and almond drinks) can be given from 12 months as part of a healthy balanced diet.
- Do not give children under 5 rice drinks, because of the level of arsenic they contain.

Foods to avoid up to 5 years

- **Nuts**, especially peanuts, can cause severe allergic reactions in some children. Whole nuts, peanuts and seeds should not be given to children under 5 years old as they pose a choking risk.
- **Foods high in salt** such as: sausages, bacon, crackers, crisps, ready meals and takeaways.
- **Sugar** – sugary snacks, cakes, biscuits and sweets and don't add sugar to food.
- **Foods high in saturated fat** such as biscuits, crisps and cakes.
- **Fresh pate** (meat, fish or vegetable-based) to reduce the risk of food poisoning.
- **Unpasteurised milk, milk drinks and cheese**, mould-ripened cheeses and soft blue-veined cheese, to reduce the risk of food poisoning. However, these cheeses can be used as part of a cooked recipe as listeria is killed by cooking.

Reading food labels

When using bought products, it is recommended that you look at the ingredients list on product labels to help provide children with food that is lower in salt, sugar and saturated fat. Remember that the portion size given on the product label may not be appropriate for young children.

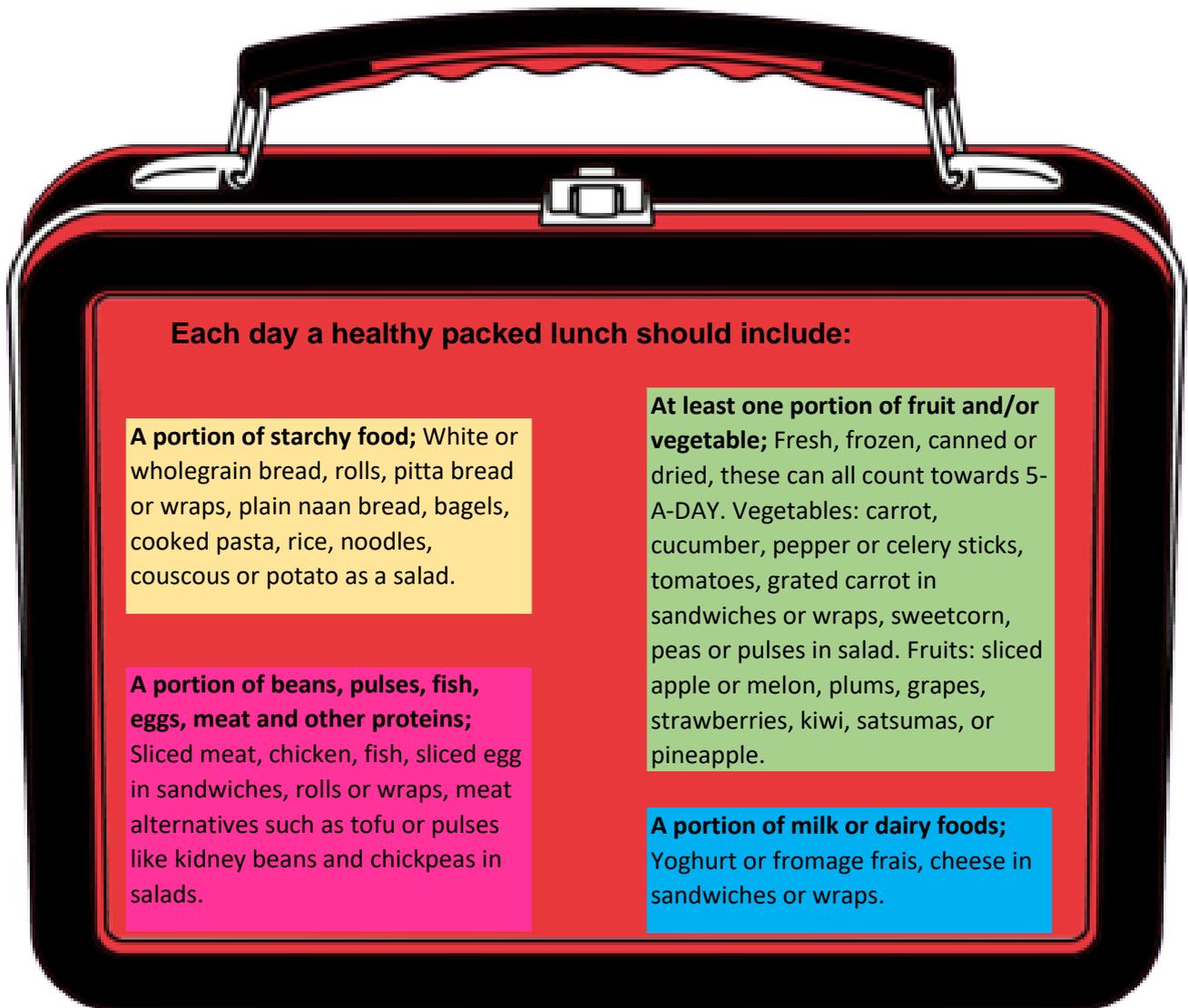
Young children need a higher fat diet than older children and adults, there is no need to compare foods to choose lower-fat options. However, try to choose products which are low or medium in saturated fat and sugars, and low in salt. Limit those that are high.

This table provides a guide to compare fat, saturates (saturated fat), sugars and salt content of food

Check how much fat, saturates, sugars and salt is in food (per 100g)			
	Low a healthier choice	Medium OK most of the time	High just occasionally
Fat	3g or less	Between 3g-17.5g	More than 17.5g
Saturates (saturated fat)	1.5g or less	Between 1.5g-5g	More than 5g
Sugars	5g or less	Between 5g-22.5g	More than 22.5g
Salts	0.3g or less	Between 0.3g-1.5g	More than 1.5g

Some food labels provide information on Reference Intake, this is the approximate amounts of energy and particular nutrients required for a healthy diet and the proportion provided by a portion of the food. These figures relate to adults, and don't apply to children.

Healthy Packed Lunch Ideas



Lunch Box Safety

Please provide an ice pack in the lunch box as this will help to keep the contents at a safe temperature

To reduce the risk of choking please:

- remove any stones and pips from fruit
- cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
- sausages should be avoided due to their high salt content, but if provided these should be cut into thin strips rather than chunks and remove the skins
- remove bones from meat or fish

Allergy Notice

Please do not provide nuts or any food that contains nuts as we have children with very serious nut allergies.