

## **Lunch Box Policy**

### **Aims:**

In accordance with the Early Years Foundation Stage document and the Eat Better Start Better document practitioners at \_\_\_\_\_ recognise that encouraging children to eat well and learn about food in their early years not only protects their health when they are young, but also sets the foundations for their future health and well being.

We believe that as an early years setting we provide an ideal opportunity to help every child eat well, enjoy a varied diet and establish healthy eating habits to take with them into their school years.

Consider the following points;

- How you communicate with children and their families.
- The eating environment and social aspects of meal times.
- Rewards, celebrations and special events and birthdays.
- How you cater for cultural, religious and special dietary requirements, including managing allergies and intolerances.
- How you manage fussy eating.
- Learning about food.
- Cooking with children.
- Food safety and Hygiene.
- Staff training.
- Dental Health.

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Date created:

Review date:

Signed by all practitioners