



## **Nutrition, Healthy Eating and Healthy Packed Lunch Policy**

### **Healthy Eating**

Healthy eating is encouraged in all aspects of our day at The Nature Box. All of our snacks and drinks are healthy and nutritious. Children are offered a choice of either milk or water, and are offered a piece of fruit alongside a carbohydrate snack such as rice cake, breadsticks, crackers, fruit loaf etc. We try to ensure that the children are receiving 1 of each of the main food groups throughout the snack, in conjunction with HENRY guidelines.

### **Packed Lunches**

The Nature Box does not provide lunches, children are asked to provide their own packed lunch. Parents receive guidance on healthy lunches when registering their child at one of our sessions.

Establishing healthy habits early in life gives babies and young children the best possible start and reduces their risk of poor physical and emotional health throughout childhood and into adulthood. The Kennedy Review (2010) called for a 'huge cultural shift' towards early intervention, identifying the period from pregnancy to three years as central to the developmental fate of a child.

The influential Marmot Review (2010) found that "the foundations for virtually every aspect of human development – physical, intellectual and emotional are laid in early childhood. What happens during these early years, starting in the womb, has lifelong effects on many aspects of health and wellbeing – from obesity, heart disease and mental health, to educational achievement and economic status [...] Later interventions, although important, are considerably less effective where good early foundations are lacking".

The government's childhood obesity plan (2016) recognises the importance of the early years to children's development and future wellbeing. It calls for support and training for early years practitioners so that they are better able to support families and 'make every contact count' with the confidence to sensitively raise issues around weight, food, and physical activity.

(HENRY 2019)

### **Good Practice**

Staff are encouraged to have eating times with the children and bring healthy lunches too to provide a good role model for healthy eating, as well as table manners and etiquette. Staff talk with children about the benefits of healthy food, and the process that our bodies go through in order to maintain nutrients and stay healthy.