

Home-Grown Childcare

Healthy Eating and Packed Lunch Policy

At Home-Grown we serve freshly prepared home cooked meals that are balanced, nutritious and healthy. All meals are prepared and cooked on the premises and all food preferences, allergies and intolerances are catered for accordingly.

Parents wishing to send their child to our setting with a packed lunch and snacks must follow the guidance below:

1. We are **unable** to heat, reheat or cook any food that you might send;
2. We will not accept any crisps, biscuits, sweets, chocolate or ultraprocessed foods;
3. Your child's packed lunch must contain at least one portion of fresh vegetables and one portion of fresh fruit daily;
4. You must include a fully frozen freeze pack in the lunch box to keep the food cool as we do not have room to store packed lunches in our fridge;
5. You must send cutlery, if required. All food pots, cutlery etc will be returned to you unwashed;
6. No **nuts of any kind** must be included in your child's packed lunch.

Please note also that children with packed lunches will be seated in a separate area to children who are eating Home-Grown cooked lunches. The reason for this is that in our experience, food brought from home can cause children who are eating the Home-Grown lunches to refuse their food if they see something that is different or looks more attractive (packaging can be a significant contributor to this). The food served at Home-Grown is made to look similar, so vegetarian meals, for example, look like meat meals. We have found that children who are picky eaters will try, and ultimately eat, more foods if everyone is eating 'the same'.