

### **Packed Lunch Policy**

**All lunch boxes, food containers and drinks containers should be clearly labelled with the child's full name.**

- We inform parents of our policy on Food and Drink.
- We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt.
- We discourage sweet drinks and can provide children with water at lunchtimes.
- We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort.
- We provide children who bring packed lunches with plates, cups and cutlery
- At lunch time children sit with a member of staff to encourage a positive eating experience and table manners.
- Parents are advised to pack children's packed lunches in insulated bags with freezer blocks, where possible.
- The Pre-school will work with parents to ensure that packed lunches abide by the standards listed below-

#### **Packed lunches should include:**

- At least one portion of fruit and one portion of vegetable
- Meat, fish or other source of non-dairy protein every day
- Oily fish, at least once every three weeks
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other cereal
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- Only water, fruit juice, milk, yogurt/milk drinks or smoothies

#### **Packed lunches should aim not to include:**

- Processed foods e.g. Snacks such as crisps, cheese strings, dairylea lunchables, pepperami,
- Chocolate biscuits or cakes, instead include fruit, raisins, plain rich teas biscuits
- Ready made drinks such as fruit shoot, drink cartons etc instead include a made up child's drinking bottle of diluted sugar free squash or diluted fresh juice.

#### **Please note**

**As a pre-school we also recognise that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.**

#### **Assessment, evaluation and reviewing packed lunch content**

- Packed lunches will be regularly reviewed by the Pre-school leader and each child's key person.
- Parents are encouraged to adhere to the Pre-school's Food and Drink Policy, if at any point the key worker is concerned about the contents of the packed lunch the parent/ carer will be spoken to.

**Please note: children with special diets will be given due consideration.**

**Involvement of parents/carers**

- Parents are encouraged to conform to the Food and Drink Policy.
- In turn we would like any feedback the parents/carers which to give and will take this feedback into consideration when reviewing the policy.

**Policy Review**

- We will include guidance for parents in our information.
- The policy is available on the school website and in the school handbook.
- We will use opportunities such as newsletters, emails & parent's evenings and school trips, to promote this policy as part of a whole pre-school approach to healthier eating.
- All staff are aware of this policy and will support its implementation.

**The following procedures and documentation in relation to this policy:**

**Preschool Policies**

- Allergy
- Health & Safety
- Risk Assessment

**National Guidance**

This policy was drawn up using a range of national documents including

- National Food trust and Food policy in schools.
- Statutory Framework for the Early Years Foundation Stage – *Section 3- The Safeguarding and Welfare requirements- Food and Drink.*

This policy was adopted by \_\_\_\_\_ *(name of provider)*

On \_\_\_\_\_ *(date)*

Date to be reviewed \_\_\_\_\_ *(date)*

Signed on behalf of the provider \_\_\_\_\_

Name of signatory \_\_\_\_\_

Role of signatory (e.g. chair, director or owner) \_\_\_\_\_