

Packed lunch Policy

Aims

To ensure that all packed lunches brought from home and consumed in Preschool provide the children with healthy and nutritious food. Rationale

- To make a positive contribution to children's health and well being.
- To encourage happier and calmer children and young people.

Where, when and to whom the policy applies:

To all children, parents and carers providing packed lunches to be consumed within Preschool.

Food and drink in packed lunches

- **Preschool will provide facilities for children bringing in packed lunches and ensure that fresh drinking water is readily available at all times.**
- Preschool will work with the children to provide appropriate dining room arrangements.
- Preschool will work with parents and carers to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in Preschool, children are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off during the Summer.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- oily fish, such as salmon, at least once every three weeks
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt or fromage frais everyday – **Please limit yoghurts to 1 in your child's lunchbox per day.**

Packed lunches should not include

- meat products such as sausage rolls, individual pies, corned beef and sausages should be included only occasionally.

Packed lunches MUST not include

- **nuts – including peanut butter and Nutella – because of the life threatening risk to any other child who may have a severe allergy**
- confectionery such as chocolate bars and sweets (fruit strings are considered to be sweets). Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- drinks other than water
- snacks such as crisps or cheddars. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food are also a good choice.

Special diets and allergies

Preschool also recognises 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.

Signed: J Humphreys / L Wadsworth

Name: Jodie Humphreys / Laura Wadsworth

Date: 7/4/21

Renew Date: 7/4/22

If you would like to discuss any of the above, please contact the Manager of Happy Adventures Preschool and Forest School.