



Packed Lunches and Snack

Introduction

Cheylesmore Pre-School wish to promote the right environment for children to understand the importance of making healthy food choices. Packed lunches and snacks represent at least a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children.

Procedure

- We follow these procedures to promote healthy eating in our setting and to give clear guidance to parents, carers, children and staff on providing a healthy packed lunch and snack.
- We believe that a healthy packed lunch can contribute to the health of children and needs to be consistent with the nutritional standards provided by Early Years Nutritional Guidelines.
- We organise meal and snack times so that they are social occasions in which children and adults participate. We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day.

Content of Packed Lunches

- Fruit and vegetables; at least one portion of fruit, vegetables or salad a day. Ensure grapes, tomatoes and berries are cut in half (long ways).
- Carbohydrates; starchy food such as bread, pasta, rice, couscous, noodles, potatoes (not fried)
- Dairy; food such as milk, cheese, yoghurt, fromage frais, or soya products
- An un-iced cake or small packet of biscuits
- Sandwich fillings to be savoury only - no jam, honey or chocolate spread
- All packed lunches should be age appropriate, so that the child can eat independently and should not need preparing by staff.
- Age appropriate crisps or snacks

The following should not be included in packed lunches or snack

- Drinks bottles-pre-school will provide children with a drink of diluted squash, milk or water at lunchtime
- Fried food
- Nuts or nut products
- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which contain high levels of caffeine and other additives which are not suitable for children)
- Cooked food, such as pasta, rice, meat etc. cannot be reheated on the premises, so please ensure your child's lunch can be consumed either at room temperature or from the fridge.
- Meat on the bone.

Special Diets and allergies

We ask parents/carers to be aware of nut and other allergies. For this reason children are not permitted to swap food items. As some children in pre-school may have nut allergies we ask parents to refrain from including nuts or peanut butter in their lunch boxes/bags.

We cater for all diets whether allergy or religious

Packed Lunch Containers

We ask that parents/carers provide a packed lunch container where food items can be stored securely and appropriately until the lunch time period.

Facilities for Packed Lunches

We will:

- Provide appropriate facilities to store packed lunches.
- Make sure all Children have access to drinking water at all times (EYFS)
- Semi Skimmed cow's milk is available at snack time for all children.

Snack

Snacks will be offered between meals to ensure children receive appropriate levels of energy and nutrition, for example at mid-morning and mid-afternoon.

Monitoring

To promote healthy eating, we will regularly monitor the content of packed lunches and snacks. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches and snack. If lunches are not deemed to meet nutritional standards parents will be advised on changes that need to be made. Any sweets or sugary drinks will be sent home at the end of the day. Water and milk will be provided as an alternative. If a child's packed lunch continues not to follow the guidance, then the parent/carer will be spoken to from a member of the leadership team.

Birthdays and other celebrations

We welcome cakes and biscuits being brought in for the children by their peers to celebrate Birthdays or any other celebrations. We do not accept sweets or chocolate for birthdays, due to allergies and parents preferences.

Working with parents and carers

We hope that all parents and carers will support this packed lunch and snack policy. We will offer advice and guidance to parents and carers on packed lunches and snack if required. We can offer a range of ways to support parents/carers e.g. information sheets, meetings, workshops, emails etc.

Children on special diets following verified medical advice will be given due consultation.

Policy Review

This policy will be reviewed annually by the Senior Leadership Team Owner & Pre-school Leader

Next review date: June 2020