



Packed Lunch Policy (inclusive of Holiday Clubs)

Policy aims:

- To ensure that all packed lunches bought from home and consumed in setting (or on trips) or packed lunches provided by the setting, offer children healthy and nutritious food for growth and development.
- To ensure that the setting remains a NUT FREE setting and parents/carers ensure that they do not allow food into setting

Objectives:

- To make a positive contribution to children's health and diet
- To support children's learning around health choices with food
- To work in conjunction with our Health Eating Policy

Support and Guidance

We follow guidance from the Department for Education, Early Years Foundations Stage, Safer Food, Better Business and First Steps Nutrition Trust

We have included the following links to resources and ideas for providing packed lunches alongside information on portion sizes.

www.firststepsnutrition.org/eating-well-early-years

www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/

Our setting facilities

- The setting will provide facilities to store packed lunch boxes, bags or thermos containers. They will ensure that fresh drinking water is available throughout lunchtime.
- The management team will work with parents and carers to ensure that packed lunches abide by the standards included within the policy.
- As fridge space is limited, children will be advised to bring insulated bags with freezer blocks (where possible) to keep food cool.
- We ask that parents notify us of any allergies or intolerances when the child starts at setting.

Thermos Containers for warm lunches

We do not reheat packed lunch food items onsite but do allow families to send hot lunches in the appropriate thermos flasks. We ask that these have been checked to be suitable for the purpose and time that the food is inside. We



also request that parents and carers ensure that the food provided inside the thermos supports our policy guidance and children's allergies.

Nutritional Guidelines promote that a child's packed lunch should always include:

- A minimum of 1 portion of fruit or vegetables for vitamins, fibre and minerals
- A starchy food for energy and concentration e.g., a bread, wrap, chapatti, pasta, potatoes.
- Meat, fish or another plant-based source of iron and protein
- Dairy food e.g. Cheese, yogurt, fromage frais for growth of bones and teeth.

Drinks

- Water is always available for children. Parents and carers are welcome to send additional water in children's own bottles.

Processed foods

- Processed meats e.g. ham and salami can be high in fat and salt, guidance suggests that these meats are limited to once per week and suggest tuna, cheese, hummus or chicken as healthier alternatives.
- Crisps are high in salt and fat. If you include crisps, please consider low fat or baked crisps which are smaller in portions.

Desserts

- One sugary dessert is suitable such as a biscuit, small cake, cake bar, malt loaf or cereal bars are recommended. We do not recommend sweets and chocolate bars.

Healthy dessert options include

- Fruit
- Dried fruit
- Tinned fruit in juice
- Fruit and custard
- Fruit and yoghurt
- Sugar free jelly
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GRAPES must always be cut into quarters to reduce the likelihood of choking



Special Diets and Allergies

We operate a zero NUT policy in all settings, please do not send any nut-based products into setting. This will help us to manage serious allergies.

We recognise that some children may require special diets that do not allow the guidelines to be met exactly. In these cases, parents and carers are asked to follow these guidelines as closely as possible and work with the management team to ensure that they can monitor.

Children are not permitted to swap food items.

Audits of this policy will be conducted to ensure that staff and families are actively encouraging healthy packed lunches. In addition, we will share this policy regularly with families.