



LUNCHBOX POLICY

This policy is for packed lunches (food and drink) brought in from home.

After a lot of discussion this policy has been put in place following advice and recommendations taken from providers such as Phunky Foods, 'providing healthy balanced and nutritious food for young children' (eat better, start better) and other courses that staff have attended.

Please do take a look at the Phunky Foods website for more information:

www.phunkyfoods.co.uk

We are adhering to advice and guidelines and would appreciate your support in helping meet these expectations for our pre-school setting.

Special diets and allergies:

The pre-school has a nut free policy and parents are asked to support this policy through NOT including nuts or any nut products within packed lunches. This includes peanut butter, Nutella/chocolate spread (unless it's one which does not contain nuts), Kinder Bueno bars or any relating products. Please do double check that NO nut products are in lunchboxes.

We are aware of food allergies and procedures are in place to manage allergies and any food dietary requirements.

We also ask that NO juice is to be put in bottles during normal sessions – this is due to children having allergies to the additives within them and adhering to the good oral hygiene guidelines.

We are now a WATER ONLY setting.

Our Aim: To ensure that the contents of packed lunches meet minimum food and nutrition standards in early years.

Objectives:

- To improve the nutritional quality of packed lunches at our setting and eating habits of children at lunchtimes.
- To develop an awareness in children, parents, staff and the wider community that the Pre-school takes a pro-active approach in promoting healthy eating.
- To encourage healthy eating habits in children that can influence them later on in life.

Where there may be concerns over a child's food and nutritional intake or the contents of a lunchbox, this will be dealt with by the staff in a timely and sensitive manner.

As there is not fridge space available for packed lunches, we ask that ice packs are placed in lunchboxes.

We have now introduced the 'Always, Sometimes, Never' approach to packed lunches at Hellingly Pre-School:

Packed lunches should '**ALWAYS**' include:

- At least one portion of fruit and one portion of vegetable every day. Grapes, cherries and tomatoes should always be halved length ways.
- Meat or a non-dairy protein every day – chicken, tuna, egg, hummus.
- A starchy food everyday – bread, pitta, wraps, pasta.
- A dairy food everyday – cheese, yoghurt
- A drink of water, fruit juice, smoothie or milk can be put into the lunchboxes, **(but NOT in the bottles for normal sessions).**

Lunchboxes can '**SOMETIMES**' include:

- A meat product such as a sausage roll
- A cake or biscuit (small lunchbox chocolate biscuits, such as penguins, single finger Twix or club bars are allowed, but not big chocolate biscuits, like the 4-finger kit-Kat or any bars of chocolate).
- A packet of crisps
- Jelly pots

Lunchboxes should '**NEVER**' include:

- Any confectionary, such as bars of chocolate, big chocolate coated biscuits or sweets.
- Any extremely sugary soft drinks, such as fizzy drinks.

We would also like to ask you not to overfill your child's lunch box and think about the portion sizes you are offering your child, as this can contribute to a lot of food waste.

We appreciate your cooperation in helping us to achieve our goals and adhere to advice and guidelines we have been given.

Signed:

Date:

Review September 2023