

# Packed Lunch Policy

## Aims of the policy

- To ensure that all packed lunches brought from home and consumed in the setting provide the child with healthy and nutritious.
- To make a positive contribution to children's health and Healthy Early Years Status.
- To encourage happy and calm children.
- To promote consistency between packed lunches and food provided by setting which must adhere to national standards set by the government.
- To contribute to the self-evaluation for review by Ofsted.

## Where, when and to whom the policy applies

To all children and parents providing packed lunches to be eaten within the setting or on outing during normal school hours.

## Food and drink in packed lunches: what the policy states

- The setting will provide facilities for children bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The setting will work with the children to provide attractive and appropriate dining room arrangements.
- The setting will work with parents to ensure that packed lunches meet the standards listed below.
- **As fridge space is not available in the setting, children are advised to bring packed lunches in insulated bags with freezer blocks where possible, to stop the food going off.**
- Children who bring packed lunch will always be able to sit and eat with the children who have the settings homemade food.

## **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, houmous 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, fromage frais or custard every day.
- Only water, still or sparkling, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

**Packed lunches should not include:**

- Snacks such as crisps and any types of nuts (Instead include vegetables and fruit - with no added salt, sugar or fat)
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. (Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.)
- Meat products such as sausage rolls, individual pies, corned meat and sausages. (Chipolatas should be included only occasionally.)

Special diets and allergies

The setting recognises that some children may require special diets that don't exactly conform to the school food standards. So parents should take extra care to ensure those packed lunches are as healthy as possible and discourage their children from swapping food items.

Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by the manager and staff. Healthy lunches will be rewarded by stickers.

Parents and children who do not adhere to the packed lunch policy will receive a policy in the packed lunch informing them of the policy. If a child regularly brings a packed lunch that does not conform to the policy then the nursery will contact the parents to discuss this.

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

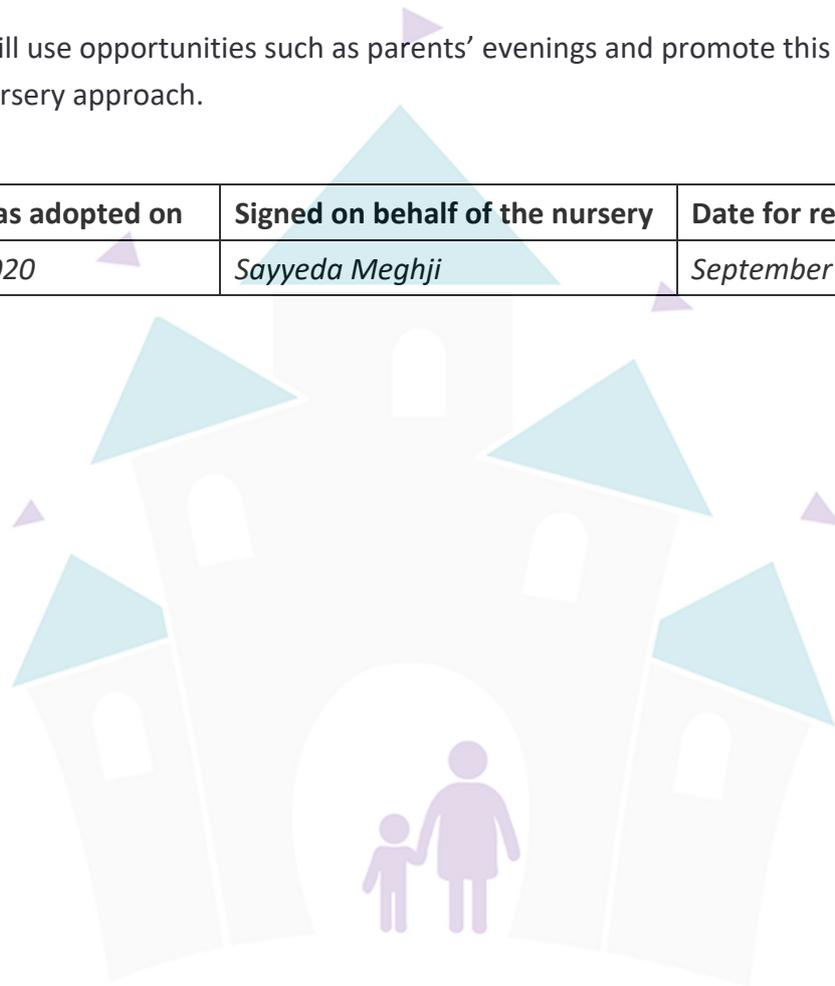
Involvement of parents/ carers

Children are normally expected to eat the lunch provided by the setting. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy.

Sharing the policy

The setting will use opportunities such as parents' evenings and promote this policy as part of a whole nursery approach.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<i>September 2020</i>	<i>Sayyeda Meghji</i>	<i>September 2021</i>



# The Palace

## Day Nursery