

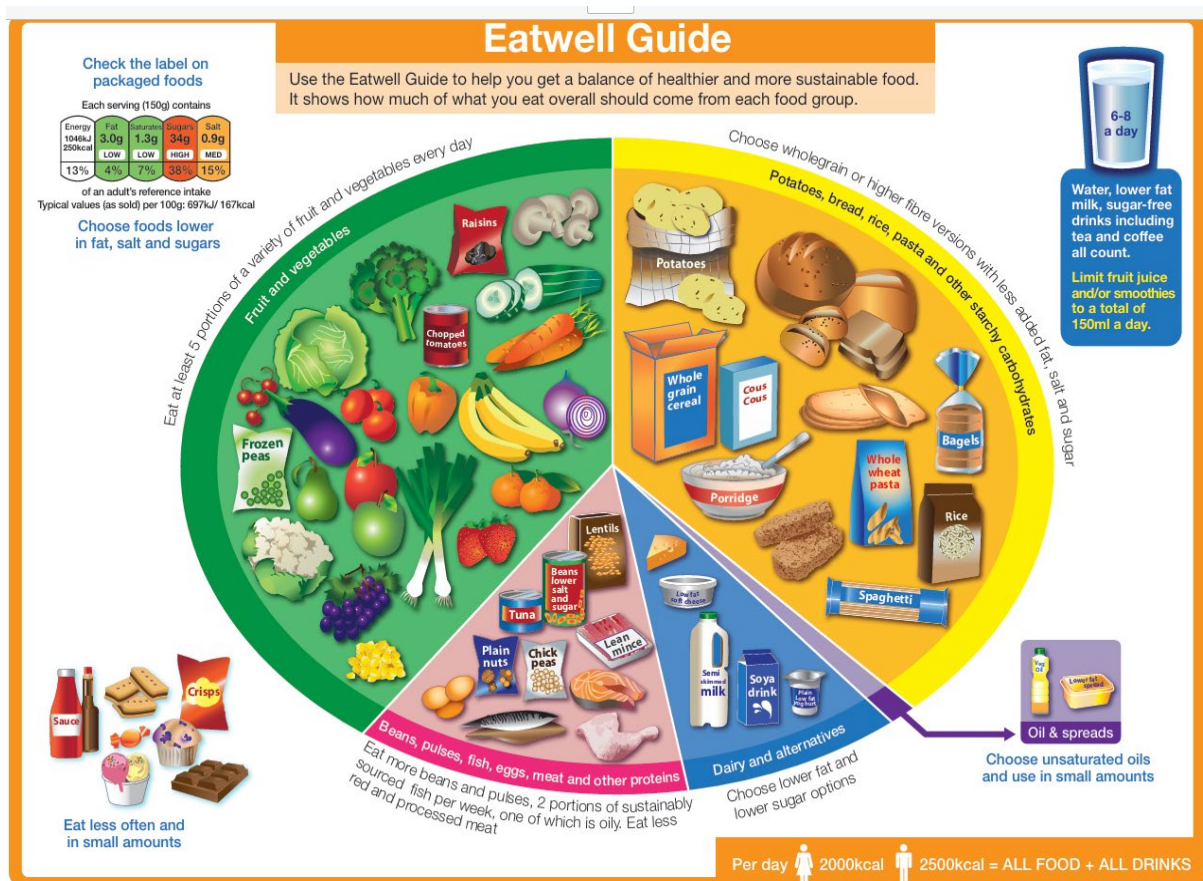
Packed Lunch Policy

At BeBright Preschool our aim is to create a positive environment where children are able to learn and understand the importance of choosing healthy and balanced lifestyle.

At BeBright Preschool we want to ensure that the children in our care are able to maintain healthy development and growth by making sure that the children are provided a nutritious and well-balanced diet. We as a setting understand that we can be highly influential in supporting our families with the health and wellbeing of their child and that it is important for us to work together as good nutrition early on in childhood can help prevent any health problems, both short term and long term.

The purpose of this policy is sharing information with our families on what a healthy and balanced packed lunch looks like and the balance of foods from the food groups should be provided.

At BeBright we are always aiming to promote healthy eating and lifestyles for all of the children and their families. We want to collaborate with our families to make sure that children have a positive outlook on what a healthy and balanced diet looks like. Your child should receive a balanced diet that includes a daily intake of the following food groups; carbohydrates, fruit and vegetables, protein, dairy and good fats that are low in sugar, salt and excess fat. At Pre-school we have open conversations with the children about having a balanced diet, what this looks like and why it is so important.



At BeBright we refer to the 'Eatwell Plate' model and encourage our families to base their child's pack lunches on this. The Eatwell plate model demonstrates what is included in each of the 5 food groups. ([Eatwell Guide](#))

Food groups	Recommended portion
Carbohydrates (bread, rice, potatoes, pasta)	Carbohydrates are needed to provide a balanced and healthy diet, and they give us the energy we need. Packed lunches should include 2 or more portions.
Fruit and Vegetables	Fruit and vegetables provide us with our vitamins, minerals and fibre. It is important to ensure that packed lunches contain at least 1 portion of fruit and 1 portion of vegetables/salad.
Milk and dairy foods	Milk and dairy foods provide our bodies with calcium which we need for healthy bones and teeth. Packed lunches should have 1 portion.
Meat, fish, eggs, beans, pulses	Meat, fish, eggs, beans and pulses are important for providing our bodies with protein for our growth. Packed lunches should contain 1 portion.

The recommended guidelines state that it is important that we do not fill our bodies up on too many foods that are high in fat and or sugar over foods that provide our bodies with nutrition. Limiting foods that are high in fat and sugar will help to protect children from becoming overweight, prevent suffering from tooth decay, heart disease, strokes and diabetes.

As part of the packed lunches, sweets, chocolate, crisps, cereal bars, popcorn, squash and fizzy drinks should not be included. These foods will not provide your child with a healthy and balanced diet.

To ensure that a packed lunch follows the Food Agency Standards and ensures that children are not exposed to potential life-threatening allergens and foods provided are not a choking hazard to your own child or another child, packed lunches **MUST NOT CONTAIN:**

Nuts or Nut products (please check packaging)

Egg (boiled or in a sandwich)

Fizzy/sugar drinks

Chocolate-coated products, sweets, crisps or any confectionary

Chocolate spread as a filling for sandwiches

Popcorn

Marshmallows

Any whole uncut round foods (grapes, blueberries, strawberries and cherry tomatoes) Any round whole food should be cut into appropriate sizing that reduces the risk of choking.

Here is a link with guidance about choking and how to prepare food safely-

[Choking and gagging on food - Start for Life - NHS](#)

[Preparing food safely for babies - Start for Life - NHS](#)

As a setting we will make sure to share with families any new allergens that we may have and if these need to be removed from packed lunches. We ask of the families to take responsibility in making sure that any homemade foods do not contain any of the allergens and foods listed above and ensure that all food is cut appropriately to avoid the risk of choking. It is important that both the setting and families encourage the children not to share any of the food in their lunch boxes as the risk of cross contamination of allergens. Children with packed lunches will continue to sit in the dining room with the children eating the hot meals provided by pre-school. The children will still be encouraged the same independence by opening their own food and pouring their own drinks.

At pre-school we **cannot** reheat left over foods or cook food you have provided in your child's lunch boxes so it is important that the food provided is ready for them to eat.

Drinks at mealtimes will include water and semi-skimmed milk which is provided by preschool. It is not a necessity to provide a drink in your child's packed lunch. The children always have access to water through out the day, using their individual drinks bottles. Water is provided on the table at mealtimes and milk is provided once they are finished.

Packed lunches will be monitored and reviewed regularly to ensure that families are adhering to the policy and are working with us to promote a healthy and balanced diet. If we feel that a packed lunch is not promoting a healthy and balanced diet this will be shared with parents/carers, and we will work together to ensure that future packed lunches align with our policy and ensuring that they are providing children with healthy and balanced foods.

At BeBright we **do not** have the storage facilities or fridge spaces for the packed lunches. This means that parents/carers are **required to bring the packed lunch to pre-school between 11:00 am and 11:15 am** in time for lunch to begin at 11:30 am. It is the responsibility of the parent/carer to ensure that they provide a suitable container for the packed lunch where food can be stored securely, this may include providing an ice pack when the weather is warmer. All packed lunch boxes need to be labelled with your child's name.