**Lunch Box Policy**

**Policy statement**

The aim of the policy is to ensure that all food and drinks brought from home, consumed

at pre-school or on pre-school trips provides children with healthy and nutritious food.

The policy embraces the Every Child Matters Agenda, the right of every child to:

* Stay safe
* Be healthy
* Enjoy and achieve
* Make a positive contribution
* Achieve economic wellbeing

It is intended to:

* Make a positive contribution to children’s health
* Encourage a happier and calmer pre-school population
* Contribute to the self evaluation for review by OFSTED
* Promote consistency between food brought from home and food provided by the

pre-school

The policy applies to:

* All food brought from home to be consumed in pre-school at lunch time or at other

times during the pre-school day including on a trip

* All staff eating food brought from home within pre-school or on a pre-school trip in

the presence of children

**Procedures**

Sheering Village Pre-School will ensure that eating food from home is a sociable experience where staff

will provide integrated and wrap around care. Our policy aims to enhance this by:

* Providing a dining environment that is appropriate, hygienic and attractive with a

seat and a place to eat

* Ensuring good behaviour and consideration for others is maintained
* Providing fresh drinking water at all times
* Staff supervising pupils eating food from home are aware of school policy and

hygiene procedures

**Special diets and allergies**

The pre-school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers are responsible for ensuring the food from home is specific for the child’s needs. A dietary information sheet should be

completed by parents at registration.

The pre-school does not allow the swapping of food items between pupils as there is potential for an adverse reaction.

The pre-school operates a ‘no nut’ policy.

**We would like all Lunch Boxes to include:**

(At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes) should be included each day

(At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day

(Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans), should be included each 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 (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) should be included each day

(Dairy food such as milk, cheese, yoghurt, fromage frais or custard should be included each day

(Drinks should be water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

**Aim to avoid:**

Snacks such as crisps (alternatives include savoury crackers, breadsticks and seeds)

Confectionery such as chocolate bars, chocolate coated biscuits and sweets (alternatives include small cakes, shortbreads and flapjack or plain biscuits)

Fizzy drinks, drinks with added sugar or sweeteners

Drinks in glass bottles or ring pull cans

Processed sugary fruit snacks eg Fruit Winders, Yo-yos – fresh fruit is preferable

Lunch Boxes should not regularly include items that are high in fat or salt. For example:

Cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies

**In implementing the Policy the pre-school should aim to:**

* Inform parents and carers and pupils of the policy via letter, the pre-school newsletter and the pre-school website, including ideas for a healthy lunch box.
* Use all opportunities to promote this policy as part of the whole pre-school approach to healthy eating
* Ensure that all school staff are informed of the policy and support its implementation
* Train staff to support the implementation of the policy
* Contact the parents and carers if a child regularly brings a lunch box which does not conform to the policy to discuss and find a way forward
* Discuss with parents and carers food from home that is regularly not eaten by their child.

|  |  |  |
| --- | --- | --- |
| This policy was adopted by | Sheering Village Pre-School | *(name of provider)* |
| On | 01st October 2019 | *(date)* |
| Date to be reviewed | October 2020 | *(date)* |
| Signed on behalf of the provider |  |
| Name of signatory | Angie Rivoire |
| Role of signatory (e.g. chair, director or owner) | Manager, Director |