

The aim of our policy is...

- To ensure that all packed lunches brought from home and eaten at Pre-School provide children with healthy and nutritious food.

How we will support the policy...

- We will ensure that fresh drinking water is freely available at all times and we strongly encourage a water only policy.
- We encourage all children to have a Pre-School water bottle which can be purchased from the Pre-School office.
- We are a nut free environment.
- We ensure that all children are able to sit and eat together.
- We will work with parents to help them provide packed lunches that are practical, affordable and meet the standards in this policy.
- We will ensure we listen to parent's views and ensure that this policy is fair and meets everyone's needs.
- Our traffic light system is in line with the school food standards.

Why have a policy for packed lunches?

Eating a healthy diet and exercising regularly can help children to stay a healthy weight, be active and be ready to learn as reflected in the Change 4 life message. Eating a healthy packed lunch is important to help children stay healthy, feel good and improve their ability to learn.

A healthier packed lunch focuses on the four main food groups of the eatwell plate, and restricts foods in the purple small section.



Packed Lunch Policy Leaflet





GREEN FOODS

You can put these in lunch boxes everyday or as often as you like

- ✓ Both fruit and vegetables. This could include a variety of fresh, tinned, dried or a smoothie.



- ✓ A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain each week.



- ✓ Meat, fish or other sources of non-dairy protein (eg lentils, kidney beans, quorn, chickpeas, hummus, eggs).

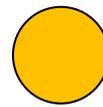


- ✓ Dairy food such as milk, cheese, yoghurt or fromage frais.



- ✓ Oily fish such as salmon or sardines **at least once every three weeks.**

Only water as we provide all children with fresh drinking water throughout the day and at lunchtimes.



AMBER FOODS

These types of foods could be included occasionally as part of a balanced packed lunch

- ✓ High salt or fat snacks such as breadsticks, snack-a-jacks, crackers etc.



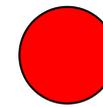
- ✓ Small fruit cakes such as malt loaf, fruited teacakes or fruit breads.



- ✓ Cereal bars.



- ✓ Processed meat products such as sausage rolls, pork pies, pepperami or sausages.



RED FOODS

These foods are not allowed in Pre-School lunch boxes.

- ✗ Chocolate bars, chocolate biscuits and chocolate cake.



- ✗ No Nuts. We are a NUT FREE Pre-School.



- ✗ Sweets.



- ✗ Crisps, mini cheddars, quavers or similar.



- ✗ Sugary drinks such as Caprisun, Ribena, squash or fizzy drinks.

