

Food and Drink Policy

(for Children's packed lunches)

All food and drink served at Playschool is now regulated by mandatory government standards that promote a balanced meal that meets children's nutritional needs. Full details of the standards can be found at www.schoolfoodtrust.org.uk

Aims and Objectives

The aim of our packed lunch policy is to ensure that all packed lunches that are brought from home and consumed in Playschool (or on Playschool trips) provide children with healthy and nutritious food.

Eating a healthy packed lunch is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed in response to parent's/carer's questionnaires and observations of children's packed lunches. This showed that some contained too many unhealthy foods and sugary drinks and also not enough fruit and vegetables. We have also worked with Wigton Moor Primary School to create our packed lunch policy. A healthy packed lunch should be based on the four healthier food groups of the **eatwell plate**.

How we will support the policy

- We inform parents of our Policy on healthy eating and work with parents to ensure that packed lunches meet the standards listed in this policy;
- We will ensure that we listen to parents views and ensure that the Policy meets the needs of the children and their families;
- We will ensure that free, fresh drinking water is readily available at all times;
- Where possible any uneaten food will be sent home to communicate with parents what their child has not eaten;
- Provide children with appropriate dining room arrangements and cutlery;
- We ensure staff sit with children to offer appropriate support and to make lunchtime a social occasion;
- We inform parents that we have the facility to microwave cooked food brought in from home and that we are unable to reheat rice;
- We inform parents/carers who provide the food for their children about the storage facilities available at Playschool and advise them to bring packed lunches in insulated bags or use freezer blocks where possible to keep food cool;
- We will provide menu ideas for a healthy packed lunch;
- We reserve the right to return items from a packed lunch that we consider to be unhealthy as a last resort;
- We inform parents not to send in nuts or food containing nuts.

Special Diets and Allergies

Playschool recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case, parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, children are also **not permitted to swap food items**.

Packed Lunches should include

- At least one portion of fruit and one portion of vegetables every day;
- A starchy food such as any type of bread, pasta, rice, pitas, wraps, bagels, couscous or potatoes every day;
- Meat, fish or other sources of non dairy (eg; chicken, lentils, kidney beans, quorn chickpeas, hummus, eggs) everyday;
- Dairy food such as milk, cheese, yoghurt or fromage frais everyday;
- Only water (free fresh water is provided).

Packed Lunches should not include

- Confectionary items which are high in fats and/or such as sweets, chocolate bars, cereal bars, chocolate biscuits, cake bars, fruit winders or any other processed fruit bars;
- Sugary drinks such as fizzy drinks, sugar sweetened juice drinks (eg; Ribena, Caprisun, fruit shoots), fruit squash or juice drinks.

Evaluation and reviewing

Packed lunches will be regularly reviewed by staff and children.

We will try to support families to bring in packed lunches that follows our guidance and may send home reminders and healthy suggestions from time to time. We aim to phase in this guidance through gradual approach and adopt a more formal policy within the next few years.

How we will share this Policy

All new and existing parents will be informed of the guidance. It will be available on Playschool's Website and in Playschool's Welcome Pack. We will promote the guidance through newsletters and learning activities. All parents will receive a leaflet to summarise the key points of our guidance.

This policy was adopted by

(name of provider)

On

(date)

Date to be reviewed

(date)

Signed on behalf of the provider

Name of signatory

Role of signatory (e.g. chair, director or owner)