

Packed Lunch Policy

Policy Statement

A packed lunch policy has been introduced to the nursery to:

- Make a positive contribution to children's health and healthy schools status
- To encourage a happier and calmer population of children
- To promote consistency between packed lunches and food provided by Natural Nurture Nursery, which must adhere to national school food standards.

For those bringing packed lunches:

- We provide children bringing packed lunches, with plates, cups and cutlery.
- We ensure children sit with others to eat their lunch so that the mealtime is a social occasion for all.
- We ensure that fresh drinking water is available at all times.
- We will work with parents to ensure that packed lunches meet the standards listed below.

Guidance for Preparing Packed Lunches

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, 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 everyday.
- Only water, still or sparkling, fruit juice, milk, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

- Snacks such as crisps (alternatives include: seeds, vegetables and fruit -with no added salt, sugar or fat, savoury crackers or breadsticks served with fruit, vegetables or dairy food).
- Confectionery: such as chocolate bars, chocolate-coated biscuits and sweets. Cakes or biscuits can be included but encourage your child to eat these only as part of a balanced meal.
- Pastry/Meat Products: these are high in fat and should only be occasional.
- Nuts or nut products (although these can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks: please do not send fizzy drinks into the nursery. Consult labels and try to avoid very sugary drinks e.g. fruit juice drinks where possible.

- Any foods, which have been fried in oil.

Special diets

- We recognise that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case, parents are urged to be responsible in ensuring that packed lunches are as healthy as possible

Packed Lunch Containers

- **As fridge space is not available at the nursery, parents/carers are kindly requested to bring packed lunches in insulated bags with freezer blocks, to keep food fresh.**

Monitoring and Evaluation

- The school will carry out monitoring of packed lunch provision: if there are concerns over a child's food, nutritional intake and/or content of packed lunches, this can be addressed in a timely and sensitive manner. Ofsted are required to report on how the school promotes the personal development and wellbeing of all pupils: this may include food provision, including packed lunches brought into school.

Additional guidance and advice on providing healthy packed lunches is available from the School Food Trust www.schoolfoodtrust.org.uk

This policy was adopted at a meeting of The Natural Nurture Nursery Management Committee held on the 22nd January 2016.