

**Healthy Packed Lunch & Snack Policy**

At Bramblebrook Pre-School Playgroup we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers. Following a survey of children’s packed lunches, we asked parents to come together to help write a healthy packed lunch policy. The aim of the policy is to ensure that children bringing food from home are provided with healthy nutritious food that meets the food and drinks guidelines which are followed for school meals, as set by the Children’s Food Trust.

**The Role of the Bramblebrook Pre-School Playgroup**

* To help children develop an understanding of healthy eating.
* To promote the Children’s Food Trust guidelines for healthier eating.
* To provide a safe, healthy and appealing environment for pupils bringing in packed lunches and ensure that fresh drinking water is available at all times.
* To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school meals.
* To provide a healthy and nutritious snack each day.
* As fridge space is not available, children are advised to bring packed lunches in insulated bags with freezer blocks where possible.

**Healthy Snack**

Snacks will be varied and balanced across the week, including starchy foods with a low salt content, fruit, vegetables and dairy. Dried fruit will not be provided. Only water and semi skimmed milk will be provided at snack time. Fresh drinking water will be available at all other times. We will take into consideration special dietary requirements and allergies.

**The Role of the Parent/Carer**

* To provide children with a packed lunch which conforms to the healthy packed lunch policy.
* To ensure that the messages about food and drink we give in Pre-School are reinforced at home.

The following information are guidelines set by the Children’s Food Trust. We accept that it is not always possible to provide everything on the list but it is advisable to consider what you are giving your child over the course of a whole day. Full details can be found at <http://www.childrensfoodtrust.org.uk/childrens-food-trust/early-years/>

**Packed lunches should include:**

At least one portion of fruit (e.g. apple, pear, berries, halved grapes, mango or pineapple chunks) and one portion of vegetables (e.g. carrot, peppers, cucumber, celery, tomatoes, sweetcorn) every day.

* Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chick peas, houmous, peanut butter, falafel) every day.
* Oily fish, such as salmon, at least once every three weeks.
* A starchy food such as any type of bread (e.g. white or wholegrain rolls, pitta bread or wraps) pasta, rice, couscous, noodles, potatoes or another cereal every day
* A dairy food such as milk, cheese, yoghurt, fromage frais every day.
* A refillable water bottle to use throughout the day.

Meat products such as sausage rolls, individual pies, corned meat and sausages should only be given occasionally.

**Packed lunches should NOT include:**

* Salty snacks such as crisps- instead include nuts, seeds, vegetables and fruit
* Confectionery such as chocolate bars, chocolate covered biscuits, cereal bars, processed fruit bars and sweets.
* Sugary soft drinks, such as squash and fizzy drinks (even if labelled ‘sugar free’ or ‘reduced sugar’ as they contribute to tooth decay and provide little nutritional value)
* Left over takeaway or food that requires reheating.

**Monitoring and Evaluation**

We fully respect individual parents’ food choices for their children and understand that there are many different needs and tastes. However, if children’s lunch boxes regularly fall short of expectations in this policy we will send home a reminder to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.