

## **Safeguarding and Welfare Requirement: Health**

Where children bring in lunchboxes they must be healthy, balanced and nutritious

### **Lunchbox policy 6.5a**

#### **Policy statement**

At Enstone preschool we would like to promote the right environment for our children to understand the importance of making healthy food choices. Packed lunches and snacks represent at least a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children.

Our aim is to ensure that children's packed lunches are nutritious and healthy and promote good eating habits. We will give clear guidance to parents/carers about the lunchbox policy as detailed below;

We welcome the following packed lunch contents;

- \* **fruit and vegetables** - at least one portion of fruit or vegetables a day. Please ensure that grapes are cut in half long ways.
- \* **carbohydrates** - food such as bread, pasta, rice, couscous, noodles, potatoes, Pitta breads, wraps
- \* **dairy** - milk, cheese, yoghurt, fromage frais, soya
- \* **Drinks** - water, fruit juice, diluted squash, milk, yoghurt drinks, smoothies
- \* **one** small "treat" such as 1 small cake or 1 biscuit, chocolate yoghurt, small chocolate bar - please only send in 1 treat

The following should **not** be included;

- \* Fizzy drinks
- \* Energy drinks
- \* Nuts or products containing nuts

## Procedures

- Regular reminders will be shared with parents/carers via our Facebook page. If a child regularly brings in a packed lunch that does not follow our policy then a member of staff will meet with the parents/carers to discuss this.
- The following links provide information around healthy lunch box ideas and healthy swaps.

<https://www.familycorner.co.uk/healthy-lunchbox-ideas-your-pre-schooler>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

This policy was adopted by	Enstone pre-school	<i>(name of provider)</i>
On	February 2020	<i>(date)</i>
Date to be reviewed	February 2021	<i>(date)</i>
Signed on behalf of the provider		
Name of signatory		
Role of signatory (e.g. chair, director or owner)		