



PRE-SCHOOL

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Packed Lunch Policy/Procedure

Eating healthily is important because:

- Good nutrition ensures that children get the right amount of energy (calories) and nutrients as children grow rapidly during this time of their life.
- Good nutrition ensures children do not consume too much energy (calories) which may lead to obesity or a child becoming overweight.
- We need to encourage children to eat a wide variety of foods to develop good dietary habits for later childhood and even adulthood.
- Healthy eating habits established in childhood help children to be fitter and healthier, develop positive attitudes to food and also help them to learn more quickly and behave better.

Suggestions for food to include in a healthy packed lunch

- **A starchy food such as bread, pasta, rice, or other type of cereals every day.**
Base each meal on a starchy food, such as bread, rice, pasta, couscous and yam. Starchy foods give energy, fibre, vitamins and minerals. Bread, try different types, such as sliced bread, pitta bread, wraps, bagels, bread sticks or crackers.
- **At least one portion of fruit or vegetables every day.**
You can use fresh, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy. Finger foods, such as cherry tomatoes, carrots or cucumber sticks are good with a dip, such as houmous or guacamole. ALL GRAPES AND ANY CIRCULAR FRUITS/VEGETABLES NEED TO BE CUT LENGTHWAYS TO PREVENT CHOKING.
- **At least one portion of Meat, fish or other source of non-dairy protein**
(usually as part of a sandwich, roll or salad).
For example, meat, fish, eggs, beans, pulses or hummus. Protein foods build muscles and provide minerals. Have oily fish, such as pilchards, salmon or tuna as an occasional change.
- **A portion of Dairy food**
Include a dairy product or dairy alternative, such as cheese, yoghurt, fromage frais or yoghurt drink. These foods provide calcium necessary for strong bones and teeth.
- **A Drink**
Drinks, especially water, help children to concentrate and feel well. Water is freely available during sessions for those children who require it.
- **A snack**
Crisps, cereal bars, cakes, biscuits, pretzels and chocolate coated biscuits or wafers. Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. For healthier alternatives replace cakes and biscuits with fruit bread or malt loaf and replace salted savoury snacks with rice cakes or popcorn.

For more information and advice go to:

www.nutrition.org.uk

Packed lunches should NOT contain nuts of any form this includes chocolate spread. We are a no nut setting and these should not be brought into the setting at all.

Any sweets or fizzy drinks are not to be brought into the setting.

No packed lunch should have food that is required to be heated as this is not possible in the setting. Please place hot food in an insulated container which will keep the food warm until lunchtime.

Practical Tips for a Healthy Lunchbox

- Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.
- Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunchbox. Using different breads will make the lunchbox more interesting and enjoyable.
- Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly and stored in the fridge overnight.
- To keep your lunch fresh during the day, use a cool bag or thermal flask to keep food warm. Put in a frozen drink or reusable ice pack to keep food cool during the session.
- Use easy to open containers that promote your child's independence.
- Pack age-appropriate foods, avoiding choking risks such as whole grapes, popcorn, or large chunks of food.
- Safely prepare foods for their packed lunches by cutting whole grapes, tomatoes or any rounded food in half and then lengthways again.

Procedures

When entering the setting please place your child's lunchbox/lunch bag on the lunchbox trolley situated in the reception area. Please ensure that your child's lunchbox and other containers within their lunch are clearly labelled with your child's name.

Toddleswood will provide your child with cutlery, such as spoons and forks as we know these can be hard to label and can get lost easily.

You are not required to bring in your child a drink for their lunch as we can provide your child with water at lunchtimes.

Staff members will sit with the children during lunchtimes at the tables in order to model eating, behaviour, and help with opening containers etc.

All children who stay for lunch at Toddleswood Preschool will be encouraged to eat all of their lunch provided by parents/carers, however we will not force any child to consume food they do not want. We will do our best to make sure each child has eaten a substantial amount from their lunches and leave any food not consumed in their lunch boxes for parents/carers to see what they have eaten.

All staff are aware of the basic food hygiene standards and are trained in this.

A paediatric first aider will be present at all times when supervising the children during lunchtimes.

Lunchtime practice will be regularly reviewed and discussed with staff in order to ensure its on going effectiveness. If any parents/carers have any concerns please see a member of senior management at your earliest opportunity.

Special diets/allergies

Toddles recognises that some pupils may have verified medical conditions requiring special diets that do not allow for the guidelines to be followed exactly. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Where your child may suffer from an allergy or have a dietary requirement, please make sure that the senior managers are aware of this and this has been recorded on your child's admission forms. This will then be shared with the room staff members and a photo of your child and what allergies/diet requirements they have will be written and placed in the room for all staff members to see clearly.

Children with allergies will be seated accordingly in order to avoid contact. Staff members sit at the tables with the children at lunchtimes and can monitor children at all times.

Each child's lunchbox contents are checked before it enters the room where the children are having lunch in order to check for any potential allergens or choking hazards.

Forgotten lunch

In the case that a parent/Carer has forgotten to bring in a packed lunch for a child/ren the parents/carers will be contacted immediately in order for this to be provided, in the event that a parent/carers is not able to be reached then a lunch will be provided but at a **cost of £3.00** to the Parent/Carer. The cost will need to be paid within **48hours** and given to a member of staff.

Lunches will not be provided on a regular basis even if parents are willing to pay and are only provided in the event of an emergency. Forgotten packed lunches will not be acceptable and will be recorded and therefore could result in the event of Children's Social Care being informed under the section Neglect.

Lunchbox guidelines

Parents/Carers will be spoken to and the concern recorded on a 'concerns form' if we feel a child's lunch is not substantial or does not consist of healthy options. Each child's packed lunch will be checked by a member of staff before they are given to your child. If a parent/carers does not act on the advice given by members of staff this could result in the event of Children's Social Care being informed under the section Neglect.

If parents are struggling to provide a healthy packed lunch for their child for any reason, please speak with a senior member of staff discreetly who will be able to support you on this matter.

FOOD BANK DETAILS- <https://bexley.foodbank.org.uk>

Everyone who comes to a foodbank for emergency food needs to have a valid foodbank voucher.

For a voucher, please call - 07385 921627 (Monday to Friday - 0900 to 1200hrs) or Freephone 0808 208 2138 (Monday to Friday - 0900 to 1700hrs)

Avery Hill Christian Fellowship

Southspring,

Sidcup, Kent

DA15 8EA

Open- Tuesday -10am-12pm Thursday- 12pm-3pm

New Community Church
24 Station Road
Sidcup, Kent
DA15 7DU
Open- Monday- 11am-1pm Thursday- 12pm-2:30pm

Belvedere Community Centre
Mitchell Close
Belvedere
Kent
DA17 6AA
Open- Wednesdays- 10am-12pm

Trinity Baptist Church
Broadway
Bexleyheath
DA6 7AY
Open- Monday-12pm-2pm Friday- 9:30am- 11:30am