

## Healthy Lunch Box Policy

### Statement

Dilton Marsh Pre-school aims to adhere to the national guidance on healthy eating. As stated below our suggestions for a healthy lunchbox are guidelines not rules. At pre-school we will continue to teach and discuss aspects of a healthy lifestyle, of which healthy eating is only one. We hope you feel able to support our efforts to help our children to make healthy choices.

### Food and drink in packed lunches.

The pre-school will provide a place and adequate time for children to eat a packed lunch and ensure that fresh drinking water is readily available at all times. As fridge space is not available in pre-school, you are advised to send packed lunches in insulated bags with freezer blocks, where possible, especially during Summer. A good substitute for a freezer block is a frozen drink which will defrost during the morning. The pre-school will encourage parents to consider the guidelines for a healthy packed lunch listed below.

Please ensure that boxes, bottles etc are all labelled with your child's name.

**The following are intended as guidelines, not rules. However, we feel as a pre-school that consideration of these guidelines will support the whole of the pre-school community in developing healthy eating habits.**

### Packed lunches should include:

- ⤴ At least one portion of fruit and one portion of vegetables each day e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, mango cubes.
- ⤴ Meat, fish, or vegetarian source of non-dairy protein e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, falafel, soya, tofu.
- ⤴ A starchy food e.g. bread, pasta, rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- ⤴ Dairy food e.g. milk, cheese, eggs, yoghurt, fromage frais.
- ⤴ A drink of either water, fruit juice, milk, yoghurt drink, smoothie. (No fizzy drinks or glass bottles please.)

### Other issues:

#### **Please do not include sweets and chocolate bars in a lunchbox.**

We do not expect sweets to be eaten in school except on special occasions. (The amount of sweets would then be limited.)

#### **Please do not include crisps in a lunchbox every day.**

Good alternatives are savoury crackers or breadsticks, cereal bars. (Remember to avoid nuts as we are a nut free pre-school school.)

We would hope that cake would be limited. Perhaps consider healthy recipes such as fruit cake and carrot cake.

High fat meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally.

**Children will be encouraged to eat their savoury food first.**

Children should not swap food.

Parents expect their child to eat the lunch that they have provided. Encourage children to regard foods very high in sugar or fat as treats and not staple foods for a lunchbox.

The pre-school will, from time to time, send lunchbox ideas home.

**Special diets and allergies.**

Be aware of food allergies, often nuts, but not exclusively. The school recognises that some pupils may require special diets that do not allow for the guidelines to be adhered to exactly.

Parents will provide the appropriate diet for that child, another reason why children should not swap food items.

*This policy was adopted at a meeting of the pre-school held on (date).....*

*Signed on behalf of the pre-school.....*