

LUNCH BOX POLICY



Packed lunch needs to be a balanced meal to include carbohydrates, protein, dairy, fruit and vegetables. Having a balance of the above foods helps your child grow and develop giving them the opportunity to understand how a healthy body and mind needs a balanced diet.

To help you and your child to provide a healthy packed lunch we may advise you if your child is having too many unsuitable items with a slip in the lunchbox.

We have previously done the Under 5 Healthy Eating – Please feel free to ask for a 'Packed Meals for Children Leaflet' which will give you all relevant information.

We are now starting a project with SMILES please watch the parents board for information on this.

Drinks: We provide milk and water for lunchtime's allowing children access to drink freely.

Perishables: For health and hygiene safety we would like all perishables to be refrigerated once your child arrives at pre-school. All perishables eg sandwiches, yoghurt, cheese etc needs to be brought to pre-school in a '**small named container or zip up fridge bag**'; it needs to be small because we have limited space in the fridge. All non perishables will remain in the lunch box and will not be refrigerated.

Treat Food: Crisps, cakes and chocolate etc. As we are promoting 'healthy eating', we would like to encourage you to put only **one 'snack size'** item in your child's lunch box. If there is more than one item in this food group, we will only offer one to your child.

Allergies: Allergies may be life threatening to some children; there may be allergies to nuts, fish, eggs and dairy etc.

We have a member of staff who is allergic to Fish. Fish is a good source of protein so all we ask is that you inform a member of staff that your child's lunch box contains fish.

We want to help protect any child if they have any allergies, therefore, the items that go into your child's lunch box are very important.

Please do not bring anything containing nuts, including peanut butter.

If your child does have a food allergy, please ensure that you have informed the staff at preschool of the food and the allergic reaction that can take place if your child eats or is in contact with this food. It is your responsibility as parent/carers to ensure that there are no foods in your child's lunch box that may contain anything that they are allergic to. Lunch times are a very busy time and we are unable to check all packaging on food.