

Healthy Lunchbox and Snack Policy

Aims

At Playwise we aim to educate our children with the skills, knowledge and understanding to enable them to make informed lifestyle choices. To do this effectively we need to work in partnership with parents and carers in securing the best start for our children.

Objectives

- To provide a safe, healthy and happy eating environment for our children bringing in packed lunches and ensure that fresh drinking water is always available.
- To promote the School Food Trust guidelines and National Standards for healthier eating.
- To give our children and parents the information they need to make healthy choices.
- To help children develop an understanding of healthy eating and to take part in the 5 a day campaign
- To ensure we provide snacks that meet nutritional standards and the child's dietary needs.
- We will work with parents to advise that packed lunches follow the list below.

The recommended contents of a lunch are:

- At least one portion of fruit and one portion of vegetables e.g. *carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, mango cubes*
- Dairy food e.g. *milk, cheese, yogurt or fromage frais*
- Meat, fish or other sources of non-dairy protein e.g. *chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, falafel*
- A starchy food e.g. *bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.*
- A drink e.g. *water, fruit juice, milk, yogurt drink or smoothie*

We suggest that you **do not** include:

- Chocolate bars or sweets
- Carbonated drinks
- Hot food

Our alternative suggestions to snacks such as crisps include:

- Savoury crackers or breadsticks with dips
- Vegetable and fruit
- Cereal bars
- Dried fruit

Our alternative suggestions to snacks such as chocolate bars are:

- Sugar free jellies with fruit
- Fruit or vegetables
- Fruit based cakes

Special diets and allergies

There needs to be awareness of nut allergies and that **should not** be included in lunch boxes.

Playwise recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case parents are responsible for ensuring that packed lunches are as healthy as possible. For this reason, children are also not permitted to swap food items.

At no time will a child be made to feel ashamed or uncomfortable about the contents of their lunch box.

Discrimination of this policy

This policy as part of the whole setting approach to a healthier lifestyle will be made to parents in writing and on the settings website.

All staff will be informed of this policy and will support the implementation.

Partnership with parents

Parents and carers will be kept fully informed about healthy packed lunches and promoting a healthy lifestyle for the children.

Monitoring and evaluation

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