



NORTHLEACH PLAYGROUP

Mill End, Northleach, Cheltenham, Gloucestershire, GL54 3HJ

Registered Charity No. 1015852

Packed Lunch Policy

Statement of Intent

To grow and stay healthy children need to eat a nutritionally well-balanced diet. Playgroups are an influential setting and can contribute significantly to improving the health and wellbeing of children. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Aim

To ensure that children who bring a lunch from home to eat at Northleach Playgroup have food which is healthy and nutritious. New research shows that healthy eating in the early years can influence growth and academic achievement in later life.

Method

- To ensure that we give consistent messages about food and health
- To give our children and parents the information they need to make healthy choices
- To encourage healthy eating habits in childhood that can influence health and wellbeing in later life
- To promote health awareness
- To ensure that children get the right amount of energy (calories) and nutrients as children grow rapidly during this time of their life
- To ensure children do not consume too much energy (calories) which may lead to obesity or a child becoming overweight
- To contribute to the healthy physical development of all members of our playgroup community
- To promote consistency between packed lunches and food provided by school, this should adhere to national standards set by the government.

Contents of packed lunch:

- Fruit and vegetables; at least one portion of fruit, vegetables or salad a day. Ensure grapes and berries are cut in half (long ways).
- Carbohydrates; starchy food such as bread, pasta, rice, couscous, noodles, potatoes (not fried)
- Dairy; food such as cheese, yoghurt, fromage frais, or soya product
- Our alternative suggestions to snacks such as crisps include; savoury crackers, breadsticks or savoury popcorn
- All packed lunches should be age appropriate, so that the child can eat independently and should not need preparing by the staff

The following ideally should not be included in packed lunches:

- Fried food or food high in saturated fat
- Fizzy/sugary drinks in cartons, bottles or cans (including diet drinks which contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars, chocolate covered biscuits and sweets

Please provide an insulated lunch box and ice block, or only pack food that does not need refrigeration as we do not have space to store pack lunches in a fridge.

This policy runs alongside our Food and Drink Policy

Signed _____

Role of signatory _____