**Packed Lunch Policy**

To grow and stay healthy children need to eat a nutritionally well-balanced diet.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life.

Packed lunches can contribute to almost a third of a child’s weekly food intake and therefore need to be balanced and nutritious.

Scallywags Responsibility

Scallywags will ensure that eating food from home is a sociable experience. Our policy aims to enhance this by:

* Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat
* Ensuring good behaviour and consideration for others is maintained
* Always providing fresh drinking water
* Always providing fridge space to store items such as sandwiches and yoghurts

SCALLYWAGS IS NOT ALLOWED TO RE-HEAT LEFT OVER MEALS FROM HOME.

Special diets and allergies

Scallywags recognise that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring an emergency sweet snack to nursery. In these cases, parents and carers are responsible for ensuring the food from home is specific for the child’s needs and a plan will be put in place to support this.

* We do not allow the swapping of food items between children as there is potential for an adverse reaction (e.g., Nut allergy)

We would like all Lunch Boxes to include:

(All lunch boxes and bottles must be clearly labelled with child’s name)

* At least one portion of fruit and one portion of vegetables every day. These foods provide vitamins, minerals and fibre. Examples of these could be Carrot/cucumber sticks, celery, sliced peppers etc. A piece of fruit-apple, orange, banana, pear, kiwi, plum etc.
* Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.

These foods provide calcium for healthy bones and teeth. Examples of these could be A pot of yoghurt, custard or rice pudding, A piece of cheese (match box sixed) or 2 triangles of spreadable cheese (this could be included in the sandwich)

* Meat, fish, Eggs, or Beans. These foods provide protein for growth. Examples of these could be (these could be included in the sandwich) Slices of cooked meat, Slices of chicken or turkey breast, Hardboiled egg, Tuna, salmon, Mackerel or sardines, Hummus
* Crisps and crackers. Children can bring a bag of crisps or crackers; however these should be baked rather than fried as they are a healthier option. Please check on packaging as it will tell you if they are baked.
* Any drinks provided in lunch boxes should only include either plain water,

milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

* Foods and drinks high in fat and / or sugar. It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes.

Lunch Boxes must not include:

* Items that contain Nuts or nut products (i.e., peanut butter) due to allergies
* Fizzy drinks or drinks in glass bottles or ring pull cans
* The remains of the previous day’s take-away or left-over meals
* Lunch Boxes should not regularly include items that are high in fat or salt. For example: cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies
* Sweets

PLEASE ENSURE THAT FOOD IS CUT UP CORRECTLY E.G. GRAPES, BLUEBERRIES AND CHERRY TOMATOES SHOULD BE CUT INTO QUARTERS NOT HALVES.

Water bottles

Children are encouraged to bring a water bottle into nursery for usage throughout the day and will always have access to clean drinking water.

All children should be encouraged to drink frequently throughout the day and during the lunchtime period

Further guidance

https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

https://www.nhs.uk/change4life

https://www.gov.uk/government/news/healthy-eating-guidance-published-for-the-early-years-sector

<https://www.publichealth.hscni.net/sites/default/files/Healthier%20Lunch%20Boxes.pdf>

Signed on behalf of the pre-school Chris Jones

Adopted 05.04.25

Reviewed 05.08.25