

The Avenue Pre-Preparatory School and Nursery

Packed Lunch Policy

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Introduction

We promote healthy eating and healthy lifestyles. Food and drink provided for the children at school follows government guidelines.

This policy has been written in line with key government guidance on healthy eating for children during the school day.

The Contents of Packed Lunches

A guide to foods and portion sizes can be found in the School Food Plan guidance <http://www.schoolfoodplan.com/actions/school-food-standards/>

Healthy packed lunch ideas

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Food

We ask that all lunch boxes contain a balanced meal.

The following foods are not permitted in lunchboxes:

- All nuts & Seeds
- Sweets
- Chocolate
- Processed fruit snacks (e.g. Fruit Winders are 37g sugar per 100g. The Food Standards Agency defines a high sugar level as 15g per 100g and a low amount as 5g in 100g.
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We ask that any prepared hot food is brought to school in an insulated container so that it remains warm by lunchtime. We are unable to reheat food.

Drinks

Water is provided throughout the day at school.

On school trip days, the children should bring their own water bottle to school. We do not allow children to drink fizzy, sugary drinks including energy drinks. Energy drinks can contain high levels of caffeine and other additives that are not suitable for children.

Special Diets and Allergies

We recognise that some children with allergies or special diets may not follow the School Food Standards exactly. We ask that parents/carers of children with special dietary requirements ensure that packed lunches are as healthy as possible.

WE ARE A NUT-FREE SCHOOL!

We do have a number of children in school with severe nut allergies. With this in mind, we ask that you do not send your child in with nut products such as Nutella, peanut butter sandwiches, Pesto etc. We know we can't eliminate all products that may contain nuts but thank you for working with us to keep all our children as safe as possible.

We understand that some children have dietary issues which mean they need to follow the advice of a medical practitioner. In these cases we can work closely with families on a 1:1 basis.

Children are not allowed to swap food items and staff will monitor children with allergies carefully.

Exceptions

There are, of course, times when treats are part of school life. Children sometimes like to bring in treats to share with their classmates when it is their birthday. Children may also have treats during school event days e.g., celebrations, parties, etc. We teach our children that this is all part of a healthy, balanced lifestyle.

We are grateful for parents' support and will work closely with parents and carers to ensure that in school all children have a balanced diet and are encouraged to adopt a healthy lifestyle. If you have any concerns or would like to discuss this policy further with us, please make arrangements via the school office