



Berriew pre-school Lunchbox and Healthy eating policy.

Covid19 guidelines apply:

At Berriew Preschool and Toddler group we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices.

To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

Aims.

- To ensure children and staff wash hands before and after eating, (see covid19 guidelines & policies)
- To ensure all staff wear PPE when covering snack and lunchtime sessions.
- To ensure tables and chairs are cleaned and sanitised before and after use.
- To provide a safe, healthy eating environment for pupils.
- To ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote our Healthy Eating Award along with the guidelines and National Standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the National Standards set by the government.
- Following Covid19 guidelines, to ensure parents provide a plastic, easily cleaned/sanitised lunchbox.
- To encourage parents to provide packed lunches in insulated bags, easy enough for their children to access themselves, with Freezer blocks inside to keep lunch cool.

Guidelines.

The recommended contents of a healthy lunchbox are:

- A portion of fruit and vegetables e.g small apple, orange, banana, tomatoes, cucumber, carrot sticks or any other fruit or vegetables.
- Meat, fish or other source of non-dairy protein e.g chicken, beef, pork, ham, tuna, lentils.
- A starchy food e.g bread, pasta or rice, crackers, rice cakes, pitta bread, tortilla wraps.
- Dairy food e.g cheese, yoghurt or fromage frais, milk.
- Drink e.g water or milk.

Our alternative suggestions to snacks such as chocolate bars include:



- Sugar free jellies with fruit.
- Scones - plain or fruit.
- Fruit based cakes e.g carrot cake, banana loaf, gingerbread.
- High fat meat products such as sausage rolls, meat pies and sausages should only be included occasionally.

As we are now under a one setting policy, we will not be going across to the school hall for lunches and will stay in our own bubble in the demountable.

Hot Meals

Under our setting policy we will not be dining in the dinner hall but staying in the demountable in our own Berriew bubble.

- Menus are available on the Powys website.
- To encourage parents to order and pay weekly, All orders to be in by the Friday before as lunches are ordered by 9am on a Monday morning.
- Payments via Bacs only during this period, with the payment reference of your child's name and lunch. Lunches cost £2.35
- To ensure staff wash hands and wear appropriate PPE when serving meals.

Healthy Snacks.

Healthy snacks are provided daily in line with our Healthy Preschool Award.

We have a 3 week rolling snack menu and display daily snacks on the parents information board.

We always have a good selection of fresh fruit on offer and encourage our children to try something new.

We offer milk and water with snacks and fresh water is available to children throughout the day.

Special Diets and Allergies.

- There needs to be an awareness of nut allergies and that peanuts or anything containing nuts are not put into a child's lunchbox.
- The school recognises that some pupils may require special diets that do not allow for the Standards to be met exactly. In this case parents are to be responsible for ensuring that packed lunches are as healthy as possible.
- At no time will a child be made to feel ashamed or uncomfortable about the contents of their lunchbox.



Monitoring and Evaluation.

We fully respect individual parent's food choices for their children, we understand that there are many different needs and tastes.

However, if lunchbox contents regularly fall short of the expectations in this policy, then we will send a reminder home to parents/carers.

We want to work with parents to educate our children about healthy dietary choices so that the children through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

This **Lunchbox and healthy eating** policy and procedure was passed for use in Berriew Pre-school

On:

By:

Position:

Date of planned review: