



Packed Lunch Policy

Policy Statement

The aim of this policy is to ensure that all food and drinks brought from home and consumed at Parkway Preschool, provide children with healthy and nutritious options.

We follow the Ellyn Satter's Division of responsibility.

Parkway's Responsibility

We are committed to ensuring that eating food from home is a sociable and enjoyable experience for every child. To support this, we will:

- Provide a table that is appropriate for eating at together
- Consider hygiene - clean tables and hands
- Ensure we sit and do not run around when eating, with a first aider on hand
- They will have access to their own water bottles

It is important to note that we do not provide fridge space for packed lunches and additionally we cannot reheat meals from home. All packed lunch food must be ready to eat without the need for heating and in a suitable lunch box/bag.

Special Diets and Allergies

We recognise that some children may require special diets for medical, ethical, or religious reasons, which may mean that standard guidelines cannot always be met. For example, a child with diabetes might need to bring an emergency sweet snack to nursery. In such cases, it is the responsibility of parents and carers to ensure that the food provided from home is specific to the child's needs, and a plan will be established to support this. Swapping food items between children is strictly not allowed, due to the potential risk of adverse reactions.

Some ideas for Lunch Boxes

- A portion of fruit, such as a small apple, orange, dried fruit, or cherry tomatoes.
- A portion of vegetables, for example, carrot sticks, cucumber, or celery.

- Meat, fish, or another source of non-dairy protein, such as chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus, or falafel.
- A starchy food, which could include any type of bread, pasta, rice, couscous, noodles, potatoes, or other cereals (examples include pitta bread, tortilla wraps, rice cakes, or oat cakes).
- A dairy food, such as milk, cheese, yoghurt, fromage frais, or custard.

Items Not Suitable for Lunch Boxes

Lunch boxes **must not** include the following:

- Snacks such as crisps (alternatives could include savoury crackers, breadsticks, or rice cakes).
- Confectionery such as chocolate bars, chocolate-coated biscuits, and sweets (alternatives include small cakes, shortbread, flapjack, or plain biscuits).
- **Items containing nuts or nut products, such as peanut butter, due to allergy risks. PLEASE CHECK ALL BARS**
- Fizzy drinks
- Flasks, drinks in glass bottles, or ring-pull cans.

Food Preparation Guidance

Please ensure that all food is cut up correctly to minimise choking risks. For example, grapes, blueberries, and cherry tomatoes must be cut into quarters, not halves.

Further Guidance

For more information, please refer to the following resources:

- <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>
- <https://www.ellynsatterinstitute.org/wp-content/uploads/2015/08/ELLYN-SATTER%E2%80%99S-DIVISION-OF-RESPONSIBILITY-IN-FEEDING.pdf>

Review September 2027