



Martlesham Playschool, At Gorseland School, Deben Avenue,
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PLEASE DO NOT REMOVE

PACKED LUNCH POLICY

Meal times are an important time of the day. We will aim to help children learn about healthy eating and enjoying the social aspect of eating together (& in which a member staff participates).

Methods

- All our staff hold up-to-date food safety certificates
- Before a child starts at Martlesham & Kesgrave Playschools we collect information regarding allergies and dietary requirements on our registration form
- We regularly consult with parents to ensure our records are kept up-to-date regarding allergies and dietary requirements
- Our staff and volunteers are aware of where we display children's current allergies and dietary needs
- We will provide a safe, calm, healthy and social eating environment
- We will use meal times to help children develop independence regarding choices, feeding themselves
- We will ensure children wash their hands before their meal
- We will encourage to eat, or try to eat, the food provided in their lunch box
- We will pack all leftovers back in lunch boxes so that parents can see what their child has eaten
- Meal times will be appropriately supervised and children do not walk around with food and drink
- We will make sure children have enough time to eat lunch, but realise they also would like time to play
- Drinking water is available at all times
- Children are not allowed to swap or share their food with anyone else

These details are also found in our "Food & Drink" Policy in our policies folder.

Packed Lunches

- Please provide your child with a named lunch box, named drinks container (if necessary), named utensils (if required)
- We will store lunch boxes in our kitchen, please provide a small, named ice-pack if food is likely to spoil
- Martlesham & Kesgrave Playschools request that parents **DO NOT** include the following :-
 - Sweets
 - Food containing nuts (some children at playschool have an allergic reaction to any contact with nuts)
 - Fizzy/sugary drinks
 - (Please avoid chocolate as much as possible)
- We would like parents to provide a healthy balanced meal. There are no government regulations regarding the content of a child's packed lunch. However the British Nutrition

Foundation has produced a set of guidelines. The recommended contents of a healthy lunch box are :

- A portion of starchy food, ie. wholegrain roll or sandwich, pitta, plain crackers, pasta or rice salad
- Plenty of fruit and vegetables
- A portion of milk or dairy food, ie. cheese portion , yogurt
- A small portion of lean meat, or fish, ham, quorn, cheese, egg or hummus
- A small carton of fruit juice, or fruit squash (no added sugar). Water is provided
- A small packet of crisps, or fruit scone, malt loaf, small cake or biscuit

Booking

- Children staying all day (ie. 2 sessions per day) will automatically stay for lunch
- We will run a maximum of 12 children per lunch time, therefore a maximum of 12 children staying all day

This policy was adopted at a meeting of	Martlesham & Kesgrave Playschools	
Held on (date)		
Signed on behalf of the Management Committee		
Role of signatory (e.g. chairperson etc.)		
This policy was reviewed on		(date)