



Langley Moor Nursery School

School Food – Policy for Packed Lunches (brought in from home)

Introduction

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. There is increasing concern nationally that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

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

Aim

To ensure that packed lunches (brought in from home) reflect the new standards for school meals introduced in September 2006.

Rationale:

- To positively promote the health and well being of children.
- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils

Objectives

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes
- To encourage healthy eating habits in childhood that can influence health and well being in later life.

- To ensure that food brought into school (packed lunches) reflects and meets food standards for School Food (2006).

Implementation

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

Parents are asked to provide the savoury element of the packed lunch for instance a sandwich, a wrap or soup/pasta in a flask.

For a small charge of **£1** per day, the nursery provides the “sweet” element of the lunch. This is usually a yoghurt (or other product from the dairy food group) and a variety of seasonal fruits.

Drinks are provided by the nursery throughout the day. Children are encouraged to drink fresh water at meal times, and milk, or water at snack times.

Waste and Disposal

The school will, within reason, send any uneaten savoury packed lunch food items back home.

Packed Lunch Containers

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack

Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Dining Facilities for Pupils Bringing Packed Lunch

The nursery has a lunch room for lunch to be eaten in.

Monitoring and Evaluation

The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food / nutrition intake and / or content of packed lunches, this can be dealt with timely and sensitively.