

## **Safeguarding and Welfare Requirement: State here which EYFS Safeguarding and Welfare Requirement this document relates to; Food and Drink**

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious. Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements. Fresh drinking water must be available and accessible at all times. Providers must record and act on information from parents and carers about a child's dietary needs.

Article 24 (health and health services) Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

## **Packed lunch policy and procedure**



### **Policy statement**

Our setting takes great pride in an active approach to the health and wellbeing of children.

We believe that a healthy, balanced diet is a very important part of the foundation to a healthy active body and mind. This is our Philosophy and basis for this policy, along with the government guidelines for healthy eating. By encouraging a healthy eating routine, giving healthier food options and a good understanding of nutrition enables us to improve the health and wellbeing of the children. Also lunch time provides an excellent opportunity for the children to develop their social skills and independence.

### **Procedures**

- *Name of child to be clearly visible on the outside of the lunch box.*
- *All packed lunches to be placed on the lunch box trolley and an ice pack is advisable.*
- *Any food that is on the bad food list will be returned to the parent/carer.*
- *All uneaten food will be left in the lunch box; food that has been half eaten will be placed in a bag and sent home in the lunch box.*
- *No packed lunches will be shared.*

### **Allergies:**

**Due to Allergies we cannot allow Nuts or Rice in the setting or any products containing these. This includes **Nutella**.**

**If your child has an allergy could you please inform a member of the team and appropriate measures will be taken.**

### **Recommendations:**

### **Legal framework**

Under the United Nations convention on Rights of the Child, all adults are responsible in role modelling rights / respecting behaviour for all children. This ensures that all children are able to fulfil their potential and learning in a rights/respectful environment.

Article 6

All children have the right to life. Governments should ensure that children survive and develop healthily.

Article 24

Children have the right to good quality health care, to clean water, nutritious food and a clean environment so that they will stay healthy.

Article 27

Children have the right to a standard of living that is good enough to meet their physical and mental needs.

**Further guidance**

[www.foodstandards.gov.uk](http://www.foodstandards.gov.uk)

For packed lunch ideas:

[www.eatwell.gov.uk/agesandstages/children/lunchbox](http://www.eatwell.gov.uk/agesandstages/children/lunchbox)

[www.schoolfoodtrust.org](http://www.schoolfoodtrust.org)

[www.littlepeopleplates.co.uk](http://www.littlepeopleplates.co.uk)

This policy was adopted by

Bitterne Community Pre-School

On

February 2019

Date to be reviewed

Termly

Signed on behalf of the provider

Name of signatory

Robin Wallace

Role of signatory (e.g. chair, director or owner)

Chairperson



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**Packed lunch agreement:**

**I/We, the parents /carers, have read the Packed Lunch Policy and agree to supply a healthy packed lunch for**

**Name of child..... We understand that unsuitable food will be returned uneaten.**

**Signed ...../ relationship to child.....**

**Date.....**