



Hitherfield Primary School Packed Lunch Policy (EYFS)



Packed lunches should reflect EYFS nutrition guidance and support healthy eating habits.

Parents and carers are asked to provide a balanced lunch that includes:

- A starchy food such as bread, pasta or rice
- A source of protein such as meat, fish, eggs, beans, hummus or cheese
- At least one portion of fruit and/or vegetables
- Water as the drink (Although water is provided on the lunch tables)

To promote healthy eating, we ask that packed lunches do not contain:

- Sweets, chocolate bars, biscuits, cake or other confectionary
- Fizzy drinks or sweetened drinks
- Excessive amounts of foods high in fat, salt or sugar

To help keep all children safe, the following foods must not be included in packed lunches:

- Popcorn
- Whole nuts and peanuts
- Hard sweets or boiled sweets

Parents and carers should also ensure that foods which may present a choking risk are prepared appropriately, for example:

- Grapes and cherry tomatoes should be cut lengthways.
- Large fruits should be cut into manageable pieces.

To help keep food safe:

- Packed lunches should be clearly labelled with the child's name.
- Food should be provided in a suitable lunch box or insulated lunch bag, with an ice pack where necessary.
- The school is not able to refrigerate or reheat any food.
- Parents and carers must inform the school of any dietary requirements, allergies or medical needs.
- Parents and carers should ensure that any allergens contained within packed lunches are clearly communicated to the school where required.

We will work in partnership with parents and carers to encourage healthy eating habits and help children develop positive attitudes towards food and healthy lifestyles. Where a packed lunch does not meet the guidance, we will work with parents and carers to support healthier and safer choices. If necessary, food may be supplemented with a school dinner to ensure that children have a balanced and nutritious meal.