



Oakbridge Little Learners Limited
66-68 Bridge Cross Road
Burntwood, Staffordshire, WS7 2BY
contact@oakbridgelittlelearners.co.uk
01543 686099



Packed Lunch Policy

Where children are bringing in foods from home, they must be healthy, balanced and nutritious

If you wish to bring in foods from home our policy statement that we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

Our aims are:

- To ensure children have a suitable meal that sustains and prepares them for learning.
- To provide a safe, healthy and appealing eating environment for children bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote the national standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided by Oakbridge Little Learners LTD

The following guidelines for lunchbox contents comes from the Children's Food Trust as well as Government Statutory guidelines. The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable **NB** items such as grapes, cherry tomatoes should be cut in half length ways as they are a choking hazard.
- A portion of milk or dairy food e.g. yoghurt or dietary need equivalent
- A drink e.g. a small carton of milk, juice, squash or a bottle of water to be consumed at lunch times.
- One small biscuit e.g. kit-kat, penguin, club, cake bar etc. – This is equivalent to a preschool dessert

Hot meals can be provided pre warmed in a thermos.



Oakbridge Little Learners Limited
66-68 Bridge Cross Road
Burntwood, Staffordshire, WS7 2BY
contact@oakbridgelittlelearners.co.uk
01543 686099



Special diets and allergies:

The nursery recognises that some Little Learners may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring an emergency sweet snack to school. In these cases, parents and carers are responsible for ensuring the food from home is specific for the child's needs, is clearly labelled and given to their key worker.

PLEASE DO NOT SEND YOUR CHILD WITH NUTS OR FOOD CONTAINING NUTS AS WE HAVE A FEW CHILDREN WITH ALLERGIES.

This includes *may contain* in the product information. Oakbridge Little Learners LTD have the right to remove any items with this on the packing due to other Little Learners medical needs within the setting. We will aim where possible to return these items to you.

Packed lunches should not include:

- Chocolate bars, or sweets
- Fizzy drinks.
- Hot food that requires microwave heating – Our staff do not have the capacity to heat individual Little Learners meals at lunch time.
- Fridge space, so we request that food from home is in insulated bags with freezer blocks or frozen drinks cartons to keep food cool, appetising and safe where possible.
- We are not allowed to re heat left over meals from home, all packed lunch food must be ready to eat without the need for heating.

Monitoring and evaluation:

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, if lunchbox contents regularly fall short of the expectations in this policy, we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.