



PACKED MEAL POLICY 2018



Bentry and Henbury Children's Centre recognise the significance of a healthy and balanced diet and the importance that all packed meals brought from home, consumed both at the centre and on trips provide children with healthy nutritious foods. Below we have provided details as to what should be included and what must not be included in packed meals.

The packed meal option is available for children who attend Daisy Room, Poppy Room, Rainbow Room or Preschool. Please make sure that your child's lunchbox is clearly labelled with their name and room.

The centre will continually provide fresh drinking water for all children at all times in the centre.



We recommend that packed meals include:

- ✓ A portion of starchy food, this could include bread, rice, potatoes, pasta and or cereal (excluding cereal that has nuts and or high sugar content as deemed by the children's centre staff)
- ✓ A portion of protein food; this could include meat, fish, eggs and beans
- ✓ A portion of dairy; this could include cheese, milk and yogurts
- ✓ A portion of fruit and/or vegetables: this could include tomatoes, cucumber, carrots, peppers, apple, orange and banana
- ✓ Lunch boxes should have an insulated cool block to ensure foods are kept fresh. Fridge space at the centre is not available and the use of a cool block is thoroughly recommended
- ✓ Water only to drink
- ✓ Please ensure that cherry tomatoes and grapes are cut in half lengthways to help prevent choking

Packed meals must not include:

- ✘ Nuts including peanuts, peanut butter, almonds, hazelnuts (often found in chocolate spread). Should any nuts be included in any packed lunch children's centre staff will remove and dispose of these safely. This is due to possible allergies and the safety of all children who attend the centre
- ✘ Chocolate spread as we are unable to guarantee it is nut free
- ✘ Sweets of any sort
- ✘ More than one item that is high in sugar, for example cakes, biscuits and chocolate bars
- ✘ Any drinks other than water

The children's centre will remove any items that are deemed unacceptable in a packed lunch and return them to parents/carers at the end of a session. Children's centre staff will return all food items and packaging to children's lunch boxes unless requested otherwise. Food items in packaging are acceptable however if the packaging suggests nut content and/or if staff suspect nut content the item will be removed and disposed of due to the risk of allergies.

Children will be encouraged to eat the majority of their lunch, however parents/carers should be aware that lunch is 30 minutes in duration. You are able to provide either a packed lunch or a packed tea. We encourage parents/carers to investigate sugar content in items such as cakes, chocolate biscuits, bars, yoghurts and cereal bars ensuring that the sugar is at the lowest possible level.

If any further information is required please ask for advice.

Please note if your child attends the centre all day and you wish to provide a packed meal, it must be eaten at lunch time as we are unable to store it in a fridge.