



PACKED LUNCH POLICY

Overall aim of the policy

To ensure that all packed lunches brought from home and consumed at the club (or while on trips with us) provide each child with healthy and nutritious food that is similar to food served by us. This is now regulated by national standards. The policy applies to all children who bring packed lunches to our holiday playscheme, whether on site or out on a trip. The policy has been introduced for several reasons:

- To make a positive contribution to children's health
- To encourage a happier and calmer population of children and young people
- To promote consistency between packed lunches and food provided by Ashton Gate Out of School Care (AGOSC) and schools which must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information.

Food and drink in packed lunches

- AGOSC will provide facilities for children bringing in packed lunches, i.e. suitable places to store and eat them
- AGOSC will ensure that free, fresh drinking water is readily available at all times.
- AGOSC will work with parents/carers to ensure that packed lunches are healthy and nutritious.
- Limited fridge space is available at The Caretaker's House; children are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

National Guidelines

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas) every day
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt, fromage frais custard every day, or a dairy substitute

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Updated: 24th March 2010

Review: March 2011



- only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- oily fish, such as salmon, at least once every three weeks

Packed lunches should not regularly include:

- snacks such as crisps. Instead, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and allergies

For the safety of the children, AGOSC will, as far as possible, be nut and seed free. Food provided by us will not include whole nuts or seeds or contain nuts or seeds as ingredients (this does not include food which is labelled as possibly containing traces of nuts or seeds). AGOSC cannot guarantee that cross-contamination has not occurred at the source of the suppliers of our ingredients. Packed lunches must be free of nuts and seeds and this message will be communicated to parents/carers and visitors.

AGOSC will consider the diets and dietary needs of children in attendance when we do cookery activities. We will always provide a safe and suitable option for each child present.

We recognise that some children may require special diets that do not allow for the standards to be met exactly. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons children are not permitted to swap food items.

Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by staff. Children who bring and eat healthy and balanced lunches will be rewarded with stars. AGOSC staff will be aware of the policy and will take opportunities to promote healthy eating as part of our daily activities.

AGOSC wish to support families to provide their children with healthy and balanced but enjoyable packed lunches. We will provide useful literature (i.e. leaflets or website links), lunch box ideas and opportunities to talk to staff. If a child regularly brings a packed lunch that concerns staff then AGOSC will contact the family to

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discuss this and work together to make improvements.