**Packed Lunch Policy Ladybirds Barnstaple Ltd**

**October 2020**

Ladybirds advise parents to provide a healthy packed lunch for their children. We recommend making healthy choices to support a healthy and balanced diet. We will support children to understand the importance of making healthy food choices.

**Recommendations for content of packed lunches;**

* Sandwiches or a healthy savoury option
* Fruit and vegetables. **Ensuring** grapes and berries are sliced lengthways
* Dairy; cheese, yoghurt, milk
* Age appropriate healthy snacks; such as rice cakes, bread sticks
* DRINKS- water, smoothies, yoghurt drinks, squash (weak- no added sugar)

**Ladybirds ask that parents do not provide the following foods in a lunch box;**

* Sweets/confectionery/chewing gum
* Confectionary such as chocolate bars
* Fizzy or sugary drinks

**Packed Lunch Containers**

We ask that parents/ carers provide a packed lunch in a container that food items can be stored appropriately until the lunch time period. Fridge space is limited and we advise all packed lunches are provided with a freezer block to keep food cool – particularly important in the summer months. We ask that all containers are clearly labelled with their child’s full name. When your child is dropped off at the setting for the day we encourage the parents and child to unpack the child’s bag and place their lunch box and drink on the trolley provided. This then ensures that the child is familiar with the daily routine but also knows where their belongings are kept throughout the day if they wish to have a drink at any point.

**Facilities for packed lunches**

Ladybirds will;

* Provide storage for lunch boxes
* Ensure children have access to drinking water at all times

**Monitoring Lunches**

Ladybirds will monitor the content of packed lunches and snacks. We will advise parents/ carers when necessary and offer guidance on providing healthy packed lunches. Any foods provided that are not appropriate will be sent home at the end of the day.

**Waste and Disposal**

Ladybirds will send any uneaten packets of items back home allowing parents to understand what their child has consumed during their day.

**Heating up food**

Due to demand we will no longer be able reheat meals provided by parents.