

W- [www.beithhive.co.uk](http://www.beithhive.co.uk)

T - 01505 227400

E - [hello@beithhive.co.uk](mailto:hello@beithhive.co.uk)

## **Packed Lunch Policy**

### **Aims**

To ensure all packed lunches brought from home and consumed in the Beith Hive setting (or on any trips) provide the child with healthy and nutritious food that is similar to food served at the setting, which is now regulated with National Guidance from the Care Inspectorate (the food matters document).

### **Rationale**

- To make a positive contribution to children's health and well being.
- To encourage happier and calmer children and young people.
- To promote consistency between packed lunches and the snacks provided by the Beith Hive Setting.

### **National Guidance**

The policy is drawn up using the Care Inspectorate document (food matters) and it is to promote a healthy well balanced diet when we care for your child/children. At times we may introduce Setting the Table document for our younger children and this document comes from the Health Scotland framework.

### **Where, when and to whom the policy applies:**

To all our children, parents and carers providing packed lunches to be consumed within the setting or on any of our trips during our session times.

## **Food and drink in packed lunches**

- The Beith Hive Setting will provide facilities for children who wish to bring a packed lunch instead of having the snacks provided by us. We will ensure that free fresh drinking water is readily available at all times. Fresh fruit will also be available on a daily basis for all children.
- The setting has an appropriate snack area with tables and chairs for the children to be comfortable at whilst enjoying their snack.
- The Beith Hive staff team will work with parents and carers to ensure that packed lunches abide by standards listed below.
- We ask that you ensure your child/children's packed lunch bags are insulated bags with freezer blocks. This will ensure the food will not go off during the summer months and that all foods are kept fresh for the snack being provided in the PM session and on trips.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Portion of breads, rice, potatoes, noodles or pasta.
- A portion of daily calcium and rich alternatives milk, cheese, yogurt, fromage frais or custard.
- Some protein in the form of beans, pulses, fish and egg and meat.
- A healthy drink.



W- [www.beithhive.co.uk](http://www.beithhive.co.uk)

T - 01505 227400

E - [hello@beithhive.co.uk](mailto:hello@beithhive.co.uk)

### **Packed lunches should not include**

- Meat products such as sausage rolls, individual pies, corned beef, hot dogs, sausages/chipolatas should be included only occasionally.

### **Packed lunches MUST not include**

- **Nuts - including peanut butter and Nutella - BECAUSE OF LIFE THREATENING RISK to any other child who may have a severe allergy**
- Confectionery such as chocolate bars and sweets (fruit strings are considered to be sweets). Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal
- Drinks other than water - fresh water is available at all times so you do not need to include this
- Snacks such as crisps and cheddars. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food are also a good choice.

### **Special diets and allergies**

The Beith Hive setting also recognises that some pupils may require special diets that do not allow for all the standards to met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Please be aware of nut allergies. We recommend you visit the [www.allergyinschools.co.uk](http://www.allergyinschools.co.uk) website for accurate, reliable information on managing allergies in all school setting's.