



## Packed Lunch and Snacks Policy

### Aims

To ensure that all packed lunches and snacks brought from home and consumed at School's Out Henleaze (School's Out Henleaze) (or while on trips with us) provide each child with healthy and nutritious food that is similar to food served by us. This is regulated by national standards. For the purposes of this policy, the term "snack" refers to food brought from home to be consumed either mid-morning or mid-afternoon at Holiday Club, or during After School Club. The policy applies to all children who bring packed lunches and snacks to our after school or holiday clubs, 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 School's Out Henleaze and schools which must adhere to national standards set by the government. Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information.

### School's Out Henleaze's Responsibilities

- School's Out Henleaze will provide facilities for children bringing in packed lunches, i.e. suitable places to store and eat them.
- School's Out Henleaze will ensure that free, fresh drinking water is readily available at all times.
- School's Out Henleaze will work with parents/carers to ensure that packed lunches and snacks are healthy and nutritious.
- Fridge space is not available; children are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep food fresh.
- School's Out Henleaze will ensure children do not share food so they only eat food that is safe for them.

### National Guidelines

Packed lunches and morning/afternoon snacks **could** 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 or a dairy substitute.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.



Packed lunches and morning/afternoon snacks **should not regularly** include:

- Treats 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.
- Squash and other sugary drinks in bottles with sports caps.

### **Special Diets and Allergies**

For the safety of the children, School's Out Henleaze will, as far as possible, be nut and sesame free. Food provided by us will not include whole nuts or sesame, or contain nuts or sesame as ingredients (this does not include food which is labelled as possibly containing traces of nuts or seeds). School's Out Henleaze cannot guarantee that cross-contamination has not occurred at the source of the suppliers of our ingredients.

Packed lunches and snacks must be free of nuts and sesame and this message will be communicated to parents/carers and visitors.

School's Out Henleaze 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 and snacks are as healthy as possible. For these reasons children are not permitted to swap food items.

### **Assessment, Evaluation and Reviewing**

Packed lunches and snacks will be regularly reviewed by staff. School's Out Henleaze staff will be aware of the policy and will take opportunities to promote healthy eating as part of our daily activities.

School's Out Henleaze wish to support families to provide their children with healthy and balanced but enjoyable packed lunches and snacks. 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 or snack that concerns staff then School's Out Henleaze will contact the family to discuss this and work together to make improvements.