

Caban Y Faenol CYF

Healthy Packed Lunch Policy

Aim

All packed lunches brought into Caban Y Faenol are packed safely, are healthy, (based on the national standards set for school lunches) and consumed around a positive dining experience.

At Caban Y Faenol we believe the rights and the voice of the child are of the utmost importance and should be prioritised in every aspect of our work. We have put this policy together while considering the United Nations Convention on the Rights (UNCRC). We have made this policy relating to the following articles from the UNCRC.

Article 3 - (best interests of the child) The best interests of the child must be a top priority in all decisions and actions that affect children.

Article 24 - (health and health services) Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.

Article 27 - (adequate standard of living) Every child has the right to a standard of living that is good enough to meet their physical and social needs and support their development.

Caban Y Faenol will:

- Ensure children in Cylch meithrin and the nursery class in school will be given the option of having school dinners if they wish. Payment for this will be added to their monthly invoice.
- provide a safe, clean environment for children to eat their packed lunch.
- store packed lunches in a cool, dry place.

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- allow children having packed lunches and school dinners to sit together.
- provide free drinking water for all children.
- Ensure children having packed lunches with food allergies and intolerances will be supported by staff.

PACKED LUNCHES SHOULD INCLUDE THESE ITEMS EVERY DAY -

- Energy food – choose wholegrain varieties like bread, pasta, couscous, rice, chapattis and wraps.
- Protein food - like meat, fish, dairy, eggs, lentils and beans.
- At least 1 or more portions of vegetables.
- 1 portion of fruit.
- A dairy food – like milk, cheese, yoghurt, or calcium-enriched plant-based dairy alternative.
- A drink of water, milk or fruit juice.

PACKED LUNCHES CAN OCCASSIONALLY INCLUDE (approx. once per week) -

- Meat based food items like sausage rolls and pies
- Cakes and biscuits.

PACKED LUNCHES SHOULD NOT INCLUDE -

- Snacks high in salt like crisps – instead include plain popcorn, vegetable sticks, seeds, savoury crackers or breadsticks.
- Confectionery like sweets, chocolate bars – instead include fruit, flapjack.
- Soft drinks – fizzy drinks, squash (those labelled no-added sugar or sugar free contain harmful sweeteners and encourage a taste for sweet food and drinks).

ASSESSMENT AND REVIEW

The packed lunch policy will be sent home when items are brought in to Caban that don't meet the standards. If this continues on a regular basis, parents will be contacted to discuss the matter.

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USEFUL LINKS FOR FURTHER INFORMATION

- Home - Food for Life
- School food standards: resources for schools - GOV.UK (www.gov.uk)
- Lunchbox ideas and recipes – Healthier Families - NHS (www.nhs.uk)