**Preschool Packed Lunch Policy**

At preschool we offer children the choice between a packed lunch and a hot meal provided by Broomfield Primary school. The choice of which can be made daily. If your child is to bring a packed lunch we kindly ask that you make sure this is completely nut free. We also ask that you bring it in a small bag/container, so we are able to store as many as possible efficiently and that these are **clearly labelled** with your child’s name. We remind parents that the following food groups are not accepted as part of your child’s packed lunch:

* Crisps
* Chocolate
* Sweets
* Drinks

Drinks will be provided for your children. The following is from the NHS website and is the recommended mixture of food for a child’s lunchbox to ensure a healthy, balanced diet:

According to NHS choices a balanced lunchbox should contain:

* Starchy foods like bread, rice, potatoes or pasta
* Protein foods like meat, fish, eggs or beans
* A dairy item, like cheese or yogurt
* Vegetables or salad and a portion of fruit

If your child is staying for lunch you will be given a ‘menu choices’ sheet. You must write what you wish your child to have on each day they attend for lunch. There can be a mixture of packed lunches and Broomfield meals. If on the morning you decide to change your mind you must tell a member of staff. If you change from a packed lunch to a hot meal you must bring the £3 on the day or make a balance transfer. If you change from a Broomfield meal to a packed lunch the £3 will be taken off next months invoice. This must be spoken about with a member of staff before 9:30 on the morning of the change.

To find out more information on healthy choices providing a balanced diet and the importance of dental care please visit our preschool website:

<https://www.eastgoscotepreschool.com/>