



Packed Lunch Policy

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Art Camp UK Packed Lunch Policy

Purpose

At Art Camp UK, we are committed to supporting the health, well-being, and development of every child. Proper nutrition is vital for children's growth and helps prevent a range of health issues both now and in the future. This policy outlines our guidelines for packed lunches to ensure consistency, promote healthy eating, and uphold our values around child safety and nutrition.

Rationale

As a child care setting, we are in a unique position to positively influence children's dietary habits. We aim to foster a healthy relationship with food and encourage children to eat a balanced diet. This policy is designed to support parents in creating nutritious packed lunches that align with current health guidelines and provide the energy needed for a busy day at camp.

Guidelines for a Balanced Packed Lunch

A balanced packed lunch should include foods from the main food groups, following the *Eatwell Plate* model. A nutritious packed lunch should include:

- **Carbohydrates:** Whole grains like bread, pasta, rice, or wraps to provide energy.
- **Fruits and Vegetables:** Aim for at least one portion of each to supply essential vitamins and minerals.
- **Protein:** Lean meats, beans, eggs, or other protein-rich foods for growth and repair.
- **Dairy:** Items like cheese, yogurt, or milk for calcium and bone health.
- **Healthy Fats:** Small portions of healthy fats from foods like avocados or olive oil.

For further guidance, please refer to the *Eatwell Guide* provided by the NHS: [NHS Eatwell Guide](#).

Foods Not Permitted in Packed Lunches

To ensure the safety and health of all children, packed lunches should **not contain** the following items:

- **Nuts or Nut Products:** To prevent exposure to allergens that may be life-threatening.
- **Sugary/Fizzy Drinks:** This includes any sugary drinks in cartons, bottles, or cans.
- **Confectionery Products Containing Nuts:** Including chocolate-coated items, sweets, and other confectionery.
- **Chocolate Spread:** Not suitable as a sandwich filling due to high sugar content.
- **Chewing Gum**
- **Whole, Uncut Round Foods:** Such as grapes, cherries, blueberries, strawberries, and cherry tomatoes, which pose a choking hazard.

Responsibilities of Parents/Carers

It is the responsibility of parents and carers to provide a packed lunch that aligns with this policy. If a packed lunch does not meet these guidelines, the Camp Manager may contact parents/carers to discuss alternative options.

- **Food Storage:** Parents/carers should provide food containers that are secure and easy for children to use. We recommend using an insulated lunch bag or including a chill pack to ensure any perishable items remain at a safe temperature.
- **Snack for Snack Time:** Please include an additional small snack specifically for snack time.

Promoting Healthy Attitudes

Our goal is to work in partnership with parents to promote positive attitudes toward food and nutrition. Through guidance and example, we hope to foster a healthy, balanced approach to eating that will benefit children for years to come.
