



Packed Lunch Policy

The aim of the policy is to ensure that all food and drinks brought from home, consumed at nursery provide children with healthy and nutritious food. All food served in the nursery is governed by legislation.

The Nursery's Responsibility:

The Nursery will ensure that eating food from home is a sociable experience. Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat
- Ensuring good behaviour and consideration for others is maintained
- Providing fresh drinking water at all times

The Nursery is not responsible for providing:

- Fridge space, so we request that food from home is in insulated bags with freezer blocks
- The nursery is not allowed to re heat left over meals from home, all packed lunch food must be ready to eat without the need for heating.

Special diets and allergies

- At Little Meadows we recognise that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring an emergency sweet snack to nursery. In these cases, parents and carers are responsible for ensuring the food from home is specific for the child's needs and a plan will be put in place to support this.
- We do not allow the swapping of food items between children as there is potential for an adverse reaction (e.g., Nut allergy)

We would like all Lunch Boxes to include:

- At least one portion of fruit (e.g., small apple, orange, dried fruit, cherry tomatoes)
- At least one portion of vegetables (e.g., carrot sticks, cucumber, celery)
- Meat, fish or other source of non-dairy protein (e.g., chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus and falafel)
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals. (For example, pitta bread, tortilla wraps, rice cakes, oat cakes)
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard

Lunch Boxes must not include:

- Snacks such as crisps (alternatives can include savoury crackers, breadsticks, rice cakes)
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets (alternatives can include small cakes, shortbreads and flapjack or plain biscuits)
- Items that contain Nuts or nut products (i.e., peanut butter) due to allergies
- Fizzy drinks, squash and fresh juices.
- Flasks, drinks in glass bottles or ring pull cans
- The remains of the previous days take-away or left-over meals
- Lunch Boxes should not regularly include items that are high in fat or salt. For example: cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies

Alternative morning snack

We understand, due to some children's sensory/dietary restrictions, that they will not eat fruit for our morning snack. Children who are unable to eat a piece of fruit can bring in their own healthy alternative, like a dairy-based product (yoghurt, babybel, cheese string)

PLEASE ENSURE THAT FOOD IS CUT UP CORRECTLY E.G. GRAPES, BLUEBERRIES AND CHERRY TOMATOES SHOULD BE CUT INTO QUARTERS NOT HALVES.

Further guidance

<https://www.nhs.uk/change4life>

<https://www.gov.uk/government/news/healthy-eating-guidance-published-for-the-early-years-sector>

<https://www.publichealth.hscni.net/sites/default/files/Healthier%20Lunch%20Boxes.pdf>