



August 2025

Healthy Eating Policy – Packed Lunches and Food from Home

In line with the Early Years Foundation Stage (EYFS) Guidance – September 2025

At our setting, we promote healthy eating habits to support children's growth, development, and learning. This policy outlines what food and drink should be brought from home, food safety expectations, and our approach to allergy awareness and mealtime consistency.

Important – No Fridge or Heating Available

- Meals **cannot be heated** at nursery.
- We do **not have fridge space** for children's meals.
- **Ice packs** only keep food cold for around **4 hours**.
(If your child is staying all day, please **pack food that stays safe at room temperature** in the afternoon)

What to Include Each Day (unless opt in has been selected)

Breakfast

- Low-sugar cereal, fruit, or yoghurt.

Morning Snack:

- Fresh fruit or veg
- A small savoury item such as crackers, breadsticks, or cheese

Lunch:

- **Main part:** Sandwich, wrap, pasta, rice, or similar (wholemeal where possible)
- **Fruit/Vegetables:** At least one portion of each
- **Protein:** Meat, fish, eggs, beans, lentils, or plant-based alternatives
- **Dairy:** Cheese, yoghurt, or other milk-based items (or suitable alternatives)

Afternoon Snack:

- Only foods that stay safe at room temperature, such as:
 - Whole fruit, dried fruit (in moderation)
 - Breadsticks, rice cakes



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General Guidelines for Parents

To support consistent healthy eating:

Please Include:

- One portion each of: **vegetables/fruit, starchy carbohydrate, protein, and dairy** (or alternatives)
- Food that is **cut to a safe size** for your child's age
- A **named water bottle (applies to all children, a cup will be provided in the event a bottle is forgotten)**

Please Limit:

- Dried fruit (only as part of meals, not standalone snacks)

Please Avoid:

- Sugary drinks, fruit juice, squash
- Whole grapes (must be cut into quarters)
- Sweets, chocolate, biscuits, cakes
- Fried or fatty foods
- Flavoured yoghurts or milk drinks, sweetened yoghurts and fromage frais
- **Any products containing nuts** (we are a **nut-free nursery**)
- Foods containing allergens affecting other children (as advised)
- Processed foods, sugary snacks, crisps

Food Safety for Packed Lunches

Temperature Control:

- Use **insulated lunch bags** and **ice packs** where possible
- Follow the **4-hour rule**: perishable items should be eaten within 4 hours at room temperature
- On hot days, limit perishable foods and prioritise **shelf-stable options**



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Safe Foods for Room Temperature Storage:

- Whole fruit (e.g. bananas, apples, oranges)
- Raw vegetables (e.g. carrots, cucumber, peppers)
- Crackers, breadsticks, rice cakes
- Hard cheese portions
- Bread with non-perishable fillings

Foods That Require Cooling (eat within 4 hours without refrigeration):

- Yoghurt, soft cheese, milk-based items
- Cooked meats and fish
- Egg-based dishes
- Cut fruit and salads
- Sandwiches with ham, tuna, or other perishable fillings

Packaging and Labelling

All food brought from home must:

- Be clearly **labelled with your child's name**
- Include a **list of main ingredients** and **allergens** for staff awareness
- Be packed in **leak-proof, child-friendly containers**
- Be appropriately sized so your child can open them independently

If Meals Do Not Meet These Rules

If a packed meal does **not follow this policy**, we will:

- Provide a **healthy alternative**
- Inform you of the changes made
- Add the **cost of the alternative meal to your nursery fees**



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Allergies & Safety

- Please **cut grapes, cherry tomatoes**, and similar foods into **quarters** to avoid choking
- Inform staff of **any allergies or dietary needs**
- We operate a **strict nut-free policy**

Top Tips for Parents

- **Variety is key** – rotate foods to keep meals interesting and balanced
- Consider **food safety** when packing for full-day attendance
- If you're unsure what to pack, feel free to **speak to a member of staff** for suggestions or support

By working together, we can help children develop lifelong healthy eating habits in a safe, supportive environment. Thank you for your cooperation.