

# Spring Enterprise NW LTD

## Pack Lunch Policy and procedure

### Our aim

To share information with parents around the content of a healthy packed lunch and the balance of food groups that should be provided in a packed lunch.

To positively promote the health and wellbeing of every child.

To support your child to foster a healthy attitude to food and work with you to ensure your child benefits from a balanced diet.

### Rationale

To maintain healthy development and growth, children need to eat a nutritionally well-balanced diet. As an Early Years setting, we are in a strong position to influence and can contribute significantly to improving the health and well-being of your child. Good nutrition in early childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit, and vegetables. Your child requires a balanced diet that includes daily intake of food groups. carbohydrates, fruit and vegetables, protein, dairy good fats that is low in sugar, salt, and excess fat.

**The Early Years Nutrition Guidance, effective from September 2025, emphasizes healthy, balanced meals for young children and integrates nutrition standards into the Early Years Foundation Stage (EYFS).**

[Early Years Foundation Stage nutrition guidance](#)

As a nursey we adhere to the above guidance (please click on the link/or copy is available in the nursery).

### Food brought in from home

- Families may wish to provide food from home and some children may need to bring their own meals and snacks for medical or cultural reasons or parental wish. The food brought in **must** comply with the above guidance.
- All foods brought from home should be checked for potential allergens so that the risk of cross contamination is reduced.
- All food served to children **must** be prepared in a way to prevent choking. Ensure the food is suitable for their child's individual developmental needs and prepared in a way to prevent choking.
- For perishable items that should be kept cool, pack food in insulated sealed bags.
- Clearly label their child's name on the lunch bag and detail the contents.
- Pack foods that can safely be kept at room temperature and there is no refrigerated area for storing food brought from home. The Food Standards Agency provides advice on Listeria which has examples of ready-to-eat foods that should be eaten within 4 hours of removing

them from the fridge. **We do not have the facilities to refrigerate packed lunches of children. Likewise, we will not reheat food brought in by children.**

- We encourage children to open their own lunches and replace them on the trolley afterwards, promoting independence and self-help skills.
- We have flannels and warm water and encourage children to clean their own faces after they have eaten.

### **Responsibility of parents/carers**

To supply an appropriate packed lunch, container where food items can be stored securely.

To work with the setting to ensure that packed lunches provide healthy options for your children. As fridge space is not available parents are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off. To ensure other children are not exposed to potential life-threatening allergens and does not pose any choking hazards to your child or any other child, packed lunches.

We will not be reheating food. The nursery provide a hot meal if required.

Your child's pack lunch **must not** contain the following:

Nuts or nut products.

Fizzy / sugary drinks.

Chocolate-coated products / sweets / confectionary containing nuts.

Chewing gum

Sugared / toffee and salted popcorn.

Whole uncut round foods; grapes, cherries, blueberries, strawberries, and cherry tomatoes.

The setting also recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons children are also not permitted to swap food items. Any special diets please discuss with the Nursery SENCO and arrangements can be made.