

Railway Children's Day Nursery Packed Lunch Policy

Name of Nursery: Railway Children's Day Nursery

Policy approved and adopted: April 2025

Due for review: April 2026

Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in nursery provide the child with healthy and nutritious food that is similar to food served in nurseries, which is now regulated by national standards.

Railway Children's Day Nursery

We understand that some children and their families will have dietary needs which may be allergy, born, cultural or personal preference i.e. vegetarian/vegan and these needs will be taken into consideration. Parents will still need to provide a healthy and balanced packed lunch following the guidelines below to ensure that foods still meet national and local standards. Parents must be aware of allergens and understand that the setting holds a NO NUT policy which includes all nuts, there are to be no foods containing nuts of any kind in packed lunches. Parents are welcomed to discuss dietary needs upon their child starting the setting.

This policy was formulated to;

Ensure that all children are able to access their EYE funded hours free of charge should parents choose to provide a packed lunch or tea. This policy has been written in line with following national and local guidelines for all school and early years settings to ensure that all children are having a healthy and well balanced diet which adheres to the national standards that settings must follow when providing food to children including The Food Standards Agency, NHS Eat Well and Start for Life. We have worked with the local authority to ensure this policy adheres to the guidelines of the agencies above and to ensure;

- To make a positive contribution to children's health.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by nurseries which must adhere to national standards set by the government . Please visit www.schoolfoodtrust.org.uk/nutrientstandard for more information.
- To contribute to the self-evaluation for review by Ofsted.

National guidance:

e.g.: The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

Where, when and to whom the policy applies:

This policy applies to all parents and children who attend Railway Children's Day Nursery and choose for their child to have a packed lunch or tea. It is for any children

who attend the setting between 7:30am-6pm and are having either lunch or tea or both whilst they are in the setting.

Food and drink in packed lunches:

- The nursery will ensure that free, fresh drinking water is readily available at all times.
- The nursery will provide appropriate dining room arrangements for all children to sit together regardless of them having a hot dinner or packed lunch, mealtimes are used as a sociable time for children and also for opportunities to learn.
- The nursery will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is limited in nursery children are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Wherever possible the school will ensure that packed lunch children and hot dinner children will be able to sit and eat together.

Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, meat alternative) every day
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday

Packed lunches should not include:

- snacks such as crisps. Instead, include, vegetables and fruit-based crisps (with no added salt, sugar or fat). Savoury crackers or breadsticks served with vegetables or dairy food are also a good choice.
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. no high fat or sugary pastries such croissants/pain au chocolates. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and allergies

Be aware of nut allergies and other allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools and nurseries. We hold a strict no nut policy in the setting. We do have children with severe allergies in the setting, should your child bring a food that could be potentially dangerous the setting will remove that food, and it will be sent home.

The nursery also recognises that some pupils 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.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by setting staff and any foods that should not be bought into the setting will be removed and we will speak to parents regarding healthy choices for packed lunch or alternatives they can supply. For further packed lunch ideas parents can visit: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this.

Please note children with special diets will be given due consideration.

Involvement of parents/carers:

Parents of children wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the nursery will keep the parents informed as per the methods detailed below under "Dissemination of the Policy"

Our packed lunch policy is linked closely to and works alongside; Healthy Eating Policy, EYFS 2021 Statutory Framework, Health and Safety Policy, Admissions Policy and Parent Partnership Policy.

Dissemination of the policy: The nursery will write to all new and existing parents/carers to inform them of the policy via email. The policy will be available on the nursery website and on site and will be incorporated into the children's learning through play and during mealtimes.

The nursery will use opportunities such as face to face discussions, activities, and sharing links to useful resources online to promote this policy as part of a setting school approach to healthier eating. All nursery staff, including volunteers and students, will be informed of this policy and will support its implementation.

Signed Manager:

Signed Deputy Manager:

Dated: 24/09/25

Review Date: 24/09/2026