



Healthy Packed Lunch and Tea Policy

Purpose

At our nursery, we are committed to promoting healthy eating habits and supporting children's growth, development, and wellbeing. We ask parents and carers to provide nutritious packed lunches and teas that encourage a balanced diet.

Packed Lunch and Tea Requirements

Packed lunches and teas should include:

- A portion of fruit and/or vegetables.
- A source of protein, such as lean meat, chicken, fish, eggs, beans, hummus, cheese, or yogurt.
- A carbohydrate such as wholemeal bread, wraps, pasta, rice, potatoes, or crackers.
- Water or milk as the preferred drink.

Foods Not Permitted

To promote healthy eating and reduce the risk of allergies, the following items should not be included:

- Chocolate bars, sweets, chewing gum, or confectionery.
- Fizzy drinks, energy drinks, or sugary soft drinks.
- Crisps or similar savoury snacks (unless provided occasionally as part of a balanced meal).
- Cakes, doughnuts, pastries, or biscuits (except for special nursery celebrations where agreed).
- Fast food or takeaway items.
- Foods containing nuts or peanuts due to allergy risks.

Healthy Snack Suggestions

Suitable snacks include:

- Fresh fruit or vegetable sticks.
- Plain rice cakes.
- Cheese cubes.
- Plain popcorn (where age-appropriate).
- Natural or low-sugar yogurt.
- Wholegrain crackers.

Food Safety

Parents and carers should:

- Use an insulated lunch bag with an ice pack where necessary.
- Ensure food is fresh and within its use-by date.
- Clearly label lunch boxes and drink bottles with the child's name.
- No food that requires reheating.

Special Diets and Allergies

The nursery will work with families to support children with medical, cultural, religious, or dietary requirements. Parents must inform the nursery of any allergies or special dietary needs.

Nursery Approach

Staff will encourage children to eat a balanced meal in a positive and supportive manner. They will not force children to eat but will promote healthy choices through discussion and example.

Where packed lunches or teas do not meet this policy, staff may discuss suitable alternatives with parents and carers to help support healthier choices. Persistent failure to follow the policy may result in further discussions with management.

By working together, we can help children develop healthy eating habits that will benefit them throughout their lives.

Date Monitored: 01.06.26

Name: Jodine Grutzmacher

Signature:

Review Date: June 2027