

Our Lady's Catholic Primary School



**We aspire that through the love of Jesus everyone should
"have life and have it to the full."
Jn. 10v10**

NURSERY LUNCH BOX POLICY

Approved by: School Governors	Date: September 2025
Last reviewed on:	Date: September 2025
Next review date:	Sept 2026

Nursery Lunch box Policy

For Children Aged 2 to 4 years old

NRSRY_30_01

1. Introduction

At Our Lady's Nursery, we are committed to promoting healthy eating habits in our young learners as part of our adherence to the Early Years Foundation Stage (EYFS) nutrition guidance 2025. According to this latest guideline, it is recommended that children up to 5 years of age avoid foods and drinks high in salt, sugar and saturated fat, including sugary drinks and snacks. We encourage parents and caregivers to provide nutritious, balanced, and safe food for their child's lunch. Below is our lunch box policy with recommendations to help you prepare your child's meal for the day.

2. Water Bottle

- Water must be supplied in a water bottle that children can drink from throughout the day.
- Fizzy drinks, squash, vitamins and juice are not allowed in the water bottle.
- We will offer milk and water during the day, but water should always be the primary drink in your child's water bottle.

3. Juice and Snacks

- A small amount of juice can be provided at lunchtime, but we discourage it as a regular part of their diet.
- Snack: Fresh fruit will be provided by the nursery as a healthy mid-morning snack.

4. Reheating and Warm Food

- We do not reheat food. If your child requires warm food, we recommend placing it in a thermal flask to keep it warm throughout the day.

5. Food Preparation and Chopping Guidelines

To ensure your child's safety, please carefully prepare food in appropriate sizes:

- Grapes: Always cut grapes into quarters to avoid choking hazards.
- Sausages: Please cut sausages length wise into small, bite-sized pieces.

- Cherry tomatoes: Cut in half length wise to prevent choking.
- Hard fruits (e.g., apples, pears): These should be cut into manageable pieces.
- Carrot sticks and cucumbers: Can be provided in thin, manageable slices.
- Cheese: Small cubes or slices are ideal.

We encourage a mix of healthy, easily accessible foods that children can manage independently.

6. Self-Feeding Expectations

- We expect children to be developing their independence in feeding themselves.
- 2-year-olds should be able to use a spoon to feed themselves.
- By 3-4 years, children should be able to manage their lunch more independently, using forks and spoons with increasing ease.

7. Birthday Celebrations

- We understand that birthdays are special occasions! For birthdays, store-bought cakes are allowed but must be unopened and have a list of ingredients clearly labelled on the packaging.
- The cake will be served at the nursery and then sent home at the end of the day. This is so parents can monitor the sugar intake for their child.
- Sweets, lollipops, or party bags are not permitted. Party bags, if used, will be handed out at the end of the day.

8. Nut-Free Zone

- We have a *strict no-nut policy* to ensure the safety of children with allergies. Please do not send nuts or any products containing nuts in your child's lunch box.

9. Sharing and Food Safety

- At Our Lady's nursery, we teach children not to share food. This is to ensure that children are eating from their own lunch box and are not exposed to foods they may be allergic to.
- Please reinforce this rule with your child at home to help them understand the importance of eating their own food.

10. Healthy Breakfast

- We expect that children arrive at nursery having had a healthy breakfast at home. This helps ensure they are energized for a productive day of learning and play.

11. In Summary

- Water only in the water bottle. No fizzy drinks, juice, vitamins or squash.
- Warm food should be placed in a thermal flask (we do not reheat food).
- Avoid juices except at lunchtime; fresh fruit is provided as snacks.
- Chop food appropriately for safety: grapes, sausages, cherry tomatoes, etc.
- Encourage independence in feeding, with 2-year-olds using spoons and older children eating on their own.
- Birthday cakes: store-bought, unopened with ingredients listed.
- No sweets, lollipops, or party bags (given out at the end of the day).
- Strictly no nuts in any form.
- Children should learn not share food with others.

12. Dietary Considerations for Religious Faith, Beliefs, and Special Needs

We understand that some families may have specific dietary requirements due to religious beliefs, cultural practices, or children with additional support needs. If your child requires a special diet or has food allergies, sensitivities, or intolerances, please inform us in advance. We will make every effort to accommodate your child's needs. Please provide a clear and detailed description of any dietary restrictions and preferences, and if necessary, we can arrange a meeting to discuss any further requirements.

13. NHS Healthy Start Scheme

We encourage all eligible families to access the NHS Healthy Start Scheme, which offers vouchers to buy healthy food, milk, and vitamins for children. The scheme is designed to help families on low incomes access nutritious food and essential vitamins, supporting their children's growth and development. To find out more or to apply, please visit the NHS Healthy Start website at www.healthystart.nhs.uk.

14. Healthy Lunch Box Examples

To help inspire you, here are some examples of balanced and nutritious lunch boxes that align with our policy and the Early Years Foundation Stage (EYFS) nutrition guidelines.

These lunch box examples provide a balanced mix of protein, healthy fats, fibre, and vitamins, while supporting your child's growing independence and nutritional needs.

We encourage a variety of foods each day to help children develop a taste for different healthy foods, while keeping things simple and manageable for them to eat.

If you have any questions about specific food choices or portion sizes, feel free to reach out to us.

Example 1: Classic Lunch Box

- Drink: Fresh, cool water (no juice or fizzy drinks)
- Main Meal:
 - Whole wheat sandwich with thinly sliced: turkey, chicken breast, ham. Cheese, lettuce, and cucumber slices (avoid mayonnaise to keep it healthy)
 - Carrot sticks and cucumber slices (easy to hold and eat independently)
 - Cheese cubes or cheese sticks
- Fruit:
 - Apple slices (peeled and cut into small pieces)
 - A few grapes (cut into quarters for safety)

- A small handful of whole grain crackers or rice cakes
- Pudding:
 - A small portion of low-fat yogurt

Example 2: Veggie-Friendly Lunch Box

- Drink: Fresh, cool water
- Main Meal:
 - Veggie wrap with hummus, grated carrots, and spinach (wrap in a soft whole-wheat tortilla)
 - Small pasta salad with tomatoes, peas, and a drizzle of olive oil
- Fruit:
 - Banana slices
 - Strawberries, cut in half
- Pudding:
 - A small portion of low-fat yogurt

Example 3: Warm Lunch Box (Thermal Flask)

- Drink: Fresh, cool water
- Main Meal:
 - Warm macaroni and cheese (made with whole grain pasta and a mix of cheese and a little bit of broccoli)
 - Small slices of whole grain bread with butter or avocado
- Fruit:
 - Pear slices (peeled and chopped)
 - Blueberries or grapes (cut for safety)

- Pudding:
 - A small portion of low-fat yogurt

Example 4: Warm Lunch Box (Thermal Flask)

- Water Bottle: Fresh, cool water
- Main Meal:
 - Mini meatballs (made with lean beef or turkey) in a tomato sauce (ensure it's not too spicy for young children)
 - Steamed broccoli and sweetcorn (both cut into small, manageable pieces)
 - Whole grain pita bread or small whole wheat rolls to dip into the sauce
- Fruit:
 - Apple slices (peeled and cut into wedges)
 - Orange segments (peeled and separated). Older children can peel their own orange.
- Pudding:
 - A small portion of low-fat yogurt