



### **Food from home Policy and Procedure**

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. Therefore, we ask all our parents who opt-out of consumable fees which include a healthy balanced cooked lunchtime meal to adhere to our packed lunch policies and procedure.

Our aim is 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 or as snacks.

As a Setting we hope to positively promote the health and wellbeing of every child. We aim to support your child to foster a healthy attitude to food and work with you to ensure your child benefits from a balanced diet. Your child requires a balanced diet that includes daily intake of food groups; carbohydrates, fruit and vegetables, protein, dairy and good fats that is low in sugar, salt and excess fat.

A child's packed lunch should be based on the 'Eatwell Plate' model which shows items the 5 main food groups as described in the Early Years Foundation Stage Nutrition Guidance;

[https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell\\_guide\\_colour\\_edition.pdf](https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf)

Guidelines recommend it is important not to fill up on too many foods that are high in fat and/or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect your child from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. Sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks will not provide your child with a healthy diet and must not be included in the packed lunch. Other foods and drinks high in fat and / or sugar must not be included.

To ensure consistency and to ensure a packed lunch is in line with Food Agency standards, and that other children are not exposed to potential life-threatening allergens and packed lunches do not pose any choking hazards to your child or any other child, packed lunches MUST NOT contain the following:

- ☐ Nuts or nut products
- ☐ Fizzy / sugary drinks in cartons, bottles or cans
- ☐ Chocolate-coated products / sweets / confectionary
- ☐ Chocolate spread as a filling for sandwiches
- ☐ Chewing gum
- ☐ Sugared / toffee and salted popcorn
- ☐ Whole uncut round foods; grapes, cherries, blueberries, strawberries and cherry tomatoes

It is the responsibility of parents/carers to provide daily information around the allergens present within any homemade foods placed in a packed lunch.

Please find details of the 14 major allergens here -

<https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance#the-14-regulated-allergens>

It is the responsibility of the parent/carer to provide an appropriate packed lunch container (including cool packs etc as needed), where food items can be stored securely. The setting **does not** have storage facilities for packed lunches, so **parents/carers are required to bring packed lunches to the setting in time for our meal routines at 11.20 am (under 3s) or 11.50 am (preschool) and collect any lunch containers and left over food by 12.20pm (under 3s) or 12.50pm (preschool)**. The setting is unable to reheat any foods provided from home.

The full guidance for Early Years Foundation Stage nutrition can be found here:

[https://assets.publishing.service.gov.uk/media/67f8e61c04146682e61bc84c/Nutrition\\_guidance\\_for\\_early\\_years\\_providers.pdf](https://assets.publishing.service.gov.uk/media/67f8e61c04146682e61bc84c/Nutrition_guidance_for_early_years_providers.pdf)

This packed lunch policy fits within a wider context of creating a whole setting approach to food, nutrition and healthy eating. As part of our 'extra services' the setting can provide all meals and snacks in keeping with the nutrition guidance, during the sessions your child attends. Under this service the setting will offer; a morning fruit snack, Lunch (2 courses, a hot meal and yoghurt), and afternoon fruit snack and during full day sessions a light afternoon tea (e.g. sandwich or croissant, with salad sticks or fruit). Fresh fruit and water are available to the children throughout their sessions. A menu of main meals will be provided at the beginning of each week.

This policy was adopted on	Signed on behalf of the nursery	Date for review
September 2025	J Edwards	September 2026

