

Tinytots Packed Lunch Policy

Policy Statement

At Tinytots, we aim to promote healthy eating habits and ensure all children are provided with safe, nutritious food during the nursery day. We recognise that packed lunches prepared at home play an important role in supporting children's health, wellbeing, growth and development. This policy outlines our expectations regarding packed lunches brought into the setting.

Aims of the Policy

- To encourage healthy, balanced eating habits.
- To ensure food brought into the nursery is safe and suitable.
- To protect children with allergies and dietary requirements.
- To create a positive and inclusive mealtime environment.
- To support parents/carers in making healthy lunch choices.

Healthy Lunch Guidance

Parents/carers are encouraged to provide a balanced packed lunch that may include:

Suitable Foods

Sandwiches, wraps, pasta, rice, or bagels

Fruit and vegetables

Cheese, yoghurt, or dairy alternatives

Healthy snacks such as rice cakes or breadsticks

Water or milk

Foods We Ask Parents to Limit or Avoid

Fizzy drinks or energy drinks

Sweets and chocolate bars

Nuts or nut-based products

Fast food/takeaway items

Crisps in excessive quantities

Foods high in sugar, salt, or fat

Allergy Awareness

To protect children with severe allergies:

Our nursery is a nut-aware setting. Parents/carers must not include nuts or products containing nuts in packed lunches.

Staff will monitor lunches where necessary to ensure safety.

Parents must inform the nursery of any allergies or dietary requirements their child has.

Food must not be shared between children.

Food Safety

Parents/carers are responsible for ensuring packed lunches are stored safely before arriving at nursery.

Please:

Use an insulated lunch bag where possible.

Include an ice pack for chilled foods.

Clearly label lunch boxes and drink bottles with the child's name.

Avoid including foods that may spoil quickly.

Nursery staff cannot reheat packed lunches unless previously agreed due to dietary or medical reasons.

Promoting Positive Mealtimes

At nursery we will:

Encourage children to try healthy foods.

Support independence during mealtimes.

Promote good table manners.

Ensure mealtimes are calm, social, and enjoyable.

Respect cultural and dietary preferences.

Staff will not force children to eat but will gently encourage balanced eating habits.

Special Diets and Cultural Preferences

We respect all cultural, religious, and medical dietary requirements. Parents/carers should discuss any specific needs with nursery staff so we can support children appropriately.

Birthday Treats and Special Occasions

Parents wishing to provide treats for birthdays or celebrations should speak with staff beforehand to ensure foods are suitable for all children and comply with allergy procedures.

Monitoring the Policy

This policy will be reviewed regularly to ensure it reflects current healthy eating guidance and nursery practices.

Policy Review Date: _____

Next Review Date: _____

Manager Signature: _____

Nursery Name: _____