

Packed Lunch Policy and important Health & Safety Guidelines following the opt out option.

Packed Meals and Snacks Guidance

If your child brings meals and snacks from home, please ensure it is:

- Healthy and balanced - include items such as sandwiches, wraps, fruit, vegetables, yogurt and water.
- Clearly labelled with your child's full name.
- Brought in a suitable, named lunchbox that can keep food cool (such as one with an ice pack).
- Must be Suitable to be stored at room temperature all day, as lunches cannot be kept in a fridge or reheated.
- Notes must be provided with the lunch box daily regarding any potential allergy contents within the food and snacks. eg, dairy/eggs.

Foods That Must Not Be Brought In

To protect children's allergens, health, safety, and well-being, please do not send any of the following:

Main Allergy Risks

- Nuts or nut products (including peanut butter, Nutella, cereal bars, pesto, etc.)
- Sesame or sesame-based items (e.g. hummus, tahini, seeded rolls)

Choking Hazards

- Whole or sliced grapes
- Raisins or other dried fruits
- Sausages or cocktail sausages
- Carrot sticks or other hard, raw vegetables

- Cherry tomatoes or similar foods (these should not be included, even if sliced)

Other Items Not Permitted

- Sweets, chocolate bars, or fizzy drinks
- Fast food or take-away meals

Please ensure all food items are soft, easy to chew, and cut into small, manageable pieces suitable for young children.

Allergen and Health & Safety Information

We are an allergy-aware nursery, and we take every precaution to keep all children safe.

Please:

- Inform us immediately of any allergies, intolerances, or dietary requirements your child has.
- Avoid any foods that contain or may contain traces of nuts or sesame.
- Check food labels carefully before packing lunches.
- Remember that staff cannot refrigerate or heat up packed lunches for health and safety reasons.

All meals and snacks are enjoyed together in a safe, supervised environment, and we promote good hygiene by encouraging all children to wash their hands before and after eating.

Drinks

Please provide your child with a reusable, named water bottle filled with plain water.

Water is available at the nursery throughout the day.

Thank You

Your support helps us maintain a safe, inclusive, and healthy environment for every child. If you have any questions about this policy or would like advice on suitable packed lunch ideas, please speak to a member of staff.

Thank you for your cooperation and understanding.

Warm regards,

Sue