



Packed Lunch Policy

Introduction

At Blackburne House Nursery, we promote healthy eating and protect the safety and well-being of all children in our care.

We encourage parents to consider our nursery meals and snacks, which offer a convenient, balanced and nutritious option. Charges for these are voluntary, and parents may choose nursery food separately from other optional extras.

Parents who decline nursery meals and snacks may provide a suitable packed lunch, for their child's booked session.

This policy explains our food safety and healthy eating requirements, including arrangements to protect children with food allergies.

Packed Lunch Requirements

Parents who decline nursery meals and snacks must provide suitable food for their child's booked session. Depending on the session, this may include a morning snack, lunch and an afternoon snack.

Food must:

All food brought into the nursery must meet the following guidelines:

Food must:

- Packed lunches and snacks must be meat-free in keeping with the Nursery's ethos
- Must include a list of packed lunch contents and indicate which items are for each meal.
- Must not require cooking, reheating, or refrigeration.
- Food labels with the traffic light system must not contain any red indicators (high in salt, sugar, or saturated fats).
- Food should be provided in a clearly labelled container

Parents are encouraged to provide balanced, nutritious food and limit foods high in salt, sugar or saturated fat. Please speak to a Nursery Manager if you need help identifying suitable options.

Food Restrictions

To ensure the safety and health of all children, the following foods are not allowed:

Allergen & Safety Restrictions

- No nuts, seeds, egg, or sesame (including items labelled "may contain").
- No shellfish, shark, swordfish, or marlin.



- No sausages, fresh pâté, or any meat/fish with bones.
- No unpasteurized dairy (milk, cheese, or drinks).
- No raw fruits or vegetables unless pre-sliced (e.g., apples, carrots, melon).

Unhealthy & High-Risk Foods

- No popcorn, marshmallows, or jelly cubes.
- No hard sweets or foods high in sugar, salt, or saturated fat.
- No crisps, chocolate, biscuits or other unhealthy snacks.
- Water is the only permitted drink.

Managing Allergies at Mealtimes

Mealtime arrangements will follow the Nursery's allergy risk assessments and individual children's care plans. Where separate seating is necessary to protect a child, staff will put suitable arrangements in place while maintaining a positive, inclusive mealtime experience.

Failure to Provide a Suitable Packed Lunch

If a child's packed lunch does not comply with this policy, the nursery will provide an appropriate meal to ensure their safety and nutritional needs. A charge of **£10** per day will be applied to the parent's invoice for this service.

Why We Recommend Nursery Meals and Snacks

Parents may choose nursery meals and snacks separately from other optional extras. We encourage families to consider this option because it offers:

- Safety: Food prepared through the Nursery's food safety and allergy procedures.
- Convenience: Meals and snacks provided without parents needing to prepare and pack food.
- Nutrition: Balanced, varied food planned around children's dietary needs.

Providing suitable packed food remains an alternative for parents who decline nursery food charges.

Encouraging Positive Mealtime Experiences

- Children will be encouraged to eat independently with staff support.
- Staff will model healthy eating habits and create a positive, social mealtime environment.
- Any uneaten food will be returned home to help parents monitor intake.

Review and Compliance



This policy will be reviewed regularly and updated as needed. Parents and carers are encouraged to provide feedback to ensure the best outcomes for all children.

For any questions, please contact the nursery management team.

For Office use only

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Department	Nursery
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Reviewed by	ELT