

Packed lunch and meal opt out policy

EYFS:

What Parents Need to Know

- You can choose to provide your child's meals instead of using nursery meals.
- Lunches must be ready to eat cold because we cannot heat or refrigerate food.
- Packed lunches must be dropped off 15 minutes before lunch time so food stays safe.
- Parents must also provide two healthy snacks each day when choosing this option.
- All food must follow healthy eating guidance for under-5s — balanced, nutritious, and age-appropriate portions.
- No nuts or nut-containing products are allowed anywhere in the setting.

What to Put in the Lunchbox

- A balanced meal: fruit/veg, starchy food, protein, and dairy or alternatives.
- Healthy, low-sugar, low-salt options only.
- Cold items packed with an ice pack if needed.

What Not to Bring

- Anything containing nuts (including spreads and "may contain" items).
- Foods that need heating or reheating.
- Sweets, fizzy drinks, or highly processed snacks.

Why This Matters

- We want all children to eat safely.
- We follow national healthy-eating guidance to support children's growth and development.
- We must protect children with allergies by keeping the setting nut-free.