

Packed Lunch Policy

“A healthy diet is about getting the right balance of foods and drinks in the right amounts. Developing healthy eating habits in the early years can set a child up for good health in later life.”

Helena Gibson-Moore, Nutrition Scientist, British Nutrition Foundation

Responsibilities

Providers must obtain information about each child's special dietary requirements and be clear at every mealtime and snack time about who is responsible for checking that the food provided meets those requirements.

Parents are responsible for the food they provide. However, providers must take reasonable steps to support families and share the EYFS nutrition guidance.

Working in partnership with parents and carers helps ensure that children are provided with healthy, balanced and nutritious food both at preschool and at home.

Guidance for Parents and Carers

Parents and carers are not required to follow the new nutrition guidance. However, our Nutrition, Healthy Eating and Safer Eating Policy is available on our website and explains the standards followed at Putnoe Woods Preschool.

The EYFS Nutrition Guidance outlines which foods should be provided, limited or avoided. It also includes recipe suggestions, some of which may be suitable for packed lunches.

The preschool will:

1. Provide a storage area for packed lunches during the day.
2. Make sure children have the cutlery they need and keep spare cutlery available.
3. Support children at lunchtime, including helping them decide what to eat first.
4. Encourage independence by helping children open packaging, pour drinks and throw away rubbish.
5. Ask parents to use insulated lunch bags and ice packs because we do not have a fridge.
6. Ask parents to use easy-to-open containers and clearly label all lunchboxes and containers with their child's name.
7. Give parents advice on safe food preparation, such as cutting grapes and cherry tomatoes in half lengthways.

The preschool will not:

1. Take food away from a child if it is safe for them to eat.
2. Refuse food or let a child go hungry. Any concerns will be discussed with parents and carers.
3. Heat packed lunches, as EYFS guidance does not require meals to be served hot.

This policy is in compliance with our Nutrition, Healthy Eating and Safer Eating Policy and the EYFS Nutrition Guidance September 2025.

Date of Policy:	Created By:	
30/4/26	Caroline Statham	