



Little Raccoons Packed Lunch/Meals Policy for Government Funded Days Only

Date reviewed: January 2026

Date of next review: June 2026

Introduction

At Little Raccoons Day Nursery, we believe health is vitally important for everyone. Whatever our differences may be, health is our most important commodity and essential if children are to achieve their full potential.

Article 24 - Children have the right to good quality health care, to clean water, nutritious food, and a clean environment, so that they will stay healthy.

To maintain healthy development and growth children need to eat a nutritionally well-balanced diet. As an Early Years setting we are in a strong position to influence and can contribute significantly to improving the health and well-being of your child. Good nutrition in early childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fiber, fruit and vegetables.

We hope to positively promote the health and wellbeing of every child. We aim to support your child to foster a healthy attitude to food and work with you to ensure your child benefits from a balanced diet. Your child requires a balanced diet that includes daily intake of food groups; carbohydrates, fruit and vegetables, protein, dairy and good fats that are low in sugar, salt and excess fat.

Our Aim

Our aim is to ensure that all meals brought from home provide children with healthy and nutritious food that is similar to food served in nursery, which is now regulated by national standards. We will share information with parents around the content of healthy meals-breakfast, snacks, and lunch and the policy should be in line with national guidance on

healthy eating and nutrition. The Eatwell plate should provide a guide to promote a balanced meal. For more information on the Eatwell plate and national guidance, see www.food.gov.uk



Packed Lunch/Meals from home

Drinking water/milk is available all day for free from the nursery and parents are not required to bring this in.

Please note that if you choose to provide packed meals for your child on their funded nursery days, all food items must be brought in at the start of the day. This includes breakfast, all snacks, lunch, and tea. Unfortunately, it is not possible to pay for individual meals separately on funded days.

Children are only allowed to eat their own food bought in from home and we are not allowed to heat up any food.

If food has not been provided and/or a meal box has been forgotten, we will not be able to serve nursery meals that day, and your child will need to be collected.

We do NOT allow children to bring in the following foods / drinks:

- Any crisps
- Any confectionary, such as chocolates, sweets, chocolate coated biscuits etc
- Any sugary drinks, such as fizzy drinks or squash, even if they are labelled as diet or zero.
- Any drinks that are yoghurt based, such as actimel.
- Any takeaway food such as burgers, chips or kebabs etc

Special Dietary Requirements / Allergens

It is the responsibility of parents/carers to provide daily information around the allergens present within any homemade foods placed in a packed lunch this can be placed in a plastic bag inside the container. Do not stick it onto the outside of the lunch box in case it falls off.

Please find details of the 14 major allergens here-

<https://www.food.gov.uk/sites/default/files/top-allergy-types.pdf>

Children at the nursery currently have the following allergies and MUST not under any circumstances include the following foods:

- **No food containing NUT or NUT PRODUCTS**
- **No food containing EGG**
- **No food containing SALMON**

Please note this may be subject to change if a child leaves or new children start with us with new allergies to add to the list above.

Dining Facilities for Children Bringing Packed Lunches/Meals

We do not segregate our packed lunch children from our nursery lunch children. Packed lunch children can eat with their friends in the same area.

Packed Lunch/Meal Containers

It is the responsibility of the parents/carers to provide meals/packed lunch in a clearly labelled, insulated lunchbox. All food items can be stored securely and appropriately until all meal times.

As fridge space is not available parents are advised to include an ice pack/freezer block. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Parents are advised that glass bottles are not permitted in nursery for the safety of children at all meal times.

Storage of Packed Lunches/Meals

The nursery will provide a storage area/facilities for meals/packed lunches, in the most convenient and appropriate place possible. However, the nursery cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and brought into nursery.

Waste and Disposal

The nursery will not be sending any uneaten packed meal food items back home. Any uneaten food / drinks will be disposed of.

Monitoring and Evaluation

The nursery will carry out monitoring of meals/packed lunch provision. Where there may be concerns over a child's food/nutrition intake and /or content of meals and packed lunches, this will be dealt with sensitively.



