



Trench Tots Nursery

Trench Tots Nursery Lunch Box Policy

Introduction

At Trench Tots Nursery, we recognise the importance of healthy eating in supporting children's growth, development, and ability to learn. This policy is designed to ensure that all children who bring lunch boxes, it reflects the principles of healthy eating, in line with the Early Years Foundation Stage (EYFS 2021) requirements to promote good health and support healthy choices.

Aims

- To encourage children to eat a well-balanced and nutritious diet.
- To work in partnership with parents/carers to promote positive attitudes towards food.
- To reduce health risks associated with poor diet, including obesity and dental decay.
- To create consistency between meals provided at home and those prepared within the nursery.

Guidance for Families

We ask that children's lunch boxes include:

- ✓ A starchy food (bread, pasta, rice, couscous, wraps, crackers).
- ✓ A portion of protein (beans, pulses, lentils, eggs, fish, or lean meat).
- ✓ At least one portion of fruit and one portion of vegetables.
- ✓ A dairy or dairy alternative item (cheese, yogurt, milk-based dessert).
- ✓ Water is provided by the nursery at all times; please do not include fizzy drinks, squash, or energy drinks.

Foods to Avoid

For safety and health reasons, please do not pack:

- ✗ Sweets, chocolate bars, or confectionery.
- ✗ Fizzy drinks, energy drinks, or flavoured water.
- ✗ Large cakes or high-sugar foods (small portions of plain cake/muffin as a treat are acceptable occasionally).
- ✗ Nuts or nut products (to protect children with allergies).
- ✗ Grapes, cherry tomatoes, or other round foods unless cut lengthways into quarters (to reduce choking risk).

Monitoring and Action

- Lunch boxes will be checked daily to ensure children have access to a healthy, balanced meal.
- If a lunch box contains unsuitable or unhealthy items (e.g., sweets, fizzy drinks, or no nutritious options), parents/carers will be contacted and asked to bring in suitable alternatives or collect their child to provide an appropriate meal.
- Staff will always support parents with advice, ideas, and guidance to help make positive changes.
- All lunch boxes are to be kept in the kitchen in an insulated food box.

Working Together

We will:

- Monitor lunch boxes informally to ensure children are receiving balanced meals.
- Offer guidance and support to parents/carers if lunch boxes regularly contain unsuitable items.
- Celebrate healthy choices with positive encouragement.
- All food bought in must be ready to eat and require no preparation time from nursery staff.

Review

This policy will be reviewed annually in line with changes to EYFS requirements and Public Health England dietary advice.