



Lunch Box Policy

1. Introduction

This Lunch Box Policy outlines expectations for the food children bring from home. Its purpose is to promote healthy eating, ensure safety, and support children's wellbeing in line with EYFS Nutrition statutory Guidance 2025 requirements and UK healthy eating guideline

2. Aims

- Encourage nutritious, balanced packed lunches.
- Ensure all food brought from home meets allergies and safety standards.
- Support parents in understanding healthy food choices.

3. General Guidance for Packed Lunches

Parents are asked to include:

- A healthy main item such as sandwiches, wraps, pasta, rice, or salads.
- At least one portion of fruit.
- At least one portion of vegetables.
- A dairy or dairy alternative item.
- Water is encouraged; milk is permitted.

4. Foods Not Permitted

To keep children safe and healthy, the following items must not be included:

- Nuts or nut-based products (nut-free setting).
- Fizzy drinks or energy drinks.
- Sweets, chocolate bars, and high-sugar snacks.
- Crisps (unless baked or low-salt and only in moderation).
- Whole grapes (unless cut lengthways).

5. Allergy and Safety Requirements

- All packed lunches must be free from nuts.

- Food must be labelled with the child's name if containers are used.
- No food sharing allowed.
- All high-risk choking items must be cut safely.

6. Storage of Lunches

- All lunch boxes are stored safely in the designated area.
- Ice packs should be included by parents if the food requires chilling.

7. Drinks

- Water is available throughout the day.
- Parents may provide milk or water with the lunch.
- No squash, flavoured water, or fruit shoots.

8. Celebrations and Special Occasions

- Parents may bring in food for celebrations only if pre-agreed with staff and checked for allergens.
- Healthier options are encouraged.

9. Support for Parents

The nursery will:

- Provide guidance on healthy lunch ideas.
- Share allergy updates and reminders.
- Communicate concerns if lunches regularly do not meet policy expectations.

10. Monitoring and Review

- Staff will monitor packed lunches discreetly.
- Concerns will be discussed sensitively with parents.
- Policy reviewed annually or sooner if needed.

Thank you for supporting our commitment to children's health and wellbeing.

Lunchbox and lunchtime swaps

When lunchtime rolls around, it's easy to eat more sugar or salt than we might realise.

Try some of our simple swaps, and remember to check out our page for [loads more lunchbox inspiration](#).



Swap from

- ✗ Split pot yoghurts and pudding pots
- ✗ Cake bars and cereal bars
- ✗ Muffins and chocolate
- ✗ Crisps
- ✗ Juice pouches and fizzy drinks
- ✗ Tinned soup
- ✗ Ham and cheese sandwiches



Swap to

- ✓ Lower-sugar fromage frais or plain natural yoghurt
- ✓ Sugar-free jelly
- ✓ A slice of malt loaf or a fruited teacake
- ✓ Fresh or tinned fruit (in juice, not syrup)
- ✓ Plain popcorn, plain rice cakes or raisins
- ✓ No-added-sugar juice drinks, or water with berries and chopped fruit
- ✓ Homemade [spiced chicken and vegetable soup](#) or [harvest vegetable soup](#)
- ✓ Our delicious [beefed up sarnies](#)

All lunchbox recipes



Cheesy coleslaw
with wholemeal
pitta



Creamy hummus
dip with pitta
bread and
vegetable sticks



Egg mayonnaise
and lettuce bap



Hummus and
salad wrap



Salmon and salad
bagel



Soft cheese and
salad sandwich



Spicy chicken and
salad wrap



Tuna and bean
salad



Tuna mayonnaise
and sweetcorn
sandwich

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.

[The Eatwell Guide](#)