ROSECROFT PRIMARY AND NURSERY SCHOOL

EYFS Packed lunch and Healthy eating policy

At Rosecroft Primary School and Nursery, we are committed to promoting the health, well-being, and safety of every child. This policy provides clear guidance to parents and carers on preparing healthy, balanced, and safe packed lunches, in line with the Early Years Foundation Stage (EYFS) Nutrition Guidance 2025.

We aim to create an environment that supports healthy eating habits and safe food practices during these important early years.

Policy Aims

- To ensure all children receive a nutritious and age-appropriate meal during the nursery day.
- To promote good eating habits in line with EYFS and Public Health guidance.
- To reduce the risk of choking through safe food preparation.
- To work in partnership with parents to support children's health, development, and well-being.

EYFS Nutrition Guidance 2025 – Key Principles

According to the latest EYFS Nutrition Guidance, early years providers must ensure:

- Children are offered nutritionally balanced meals and snacks.
- Meals are age-appropriate in portion size and preparation.
- Food is prepared safely to reduce choking hazards, especially for children under 5.
- Drinks provided should be only water or milk.
- No foods high in sugar, salt or saturated fats should be regularly consumed.

Packed Lunch Expectations

If your child will be bringing a packed lunch to School or having lunch whilst at Nursery, parents should provide a healthy, well-balanced selection This should include a range of food groups and be cut/prepared appropriately to minimise choking hazards.

✅ **A Healthy Packed Lunch Should Include:**

- **Carbohydrate**: e.g. wholemeal bread, wraps, pitta, rice or pasta.
- **Protein**: e.g. lean meat (chicken/turkey), egg, beans, hummus, tuna, or cheese.
- **Vegetables**: e.g. cucumber sticks, cherry tomatoes (cut), grated carrot.
- **Fruit**: e.g. sliced banana, halved grapes, soft berries, peeled and chopped apple.
- **Dairy** (or suitable alternative): e.g. yoghurt (low sugar), cheese cubes.
- **Drink**: water or milk only (provided in a labelled bottle).

❌ Foods Not Permitted

To ensure a safe and healthy environment, we ask that the following **are not included** in packed lunches:

- Sweets, chocolate bars, cakes, pastries.
- Fizzy drinks, squash, juice cartons or flavoured milk.
- Crisps or salty snack foods.
- Fried or fast food items.
- Whole nuts or nut products (we are a nut-free setting).
- Foods that pose a choking hazard, if not properly prepared (see below).

*Please note Rosebuds Nursery does not provide lunch and it is the responsibility of parents/ carers to provide their child with a packed lunch.

Food Safety and Cutting Guidance for 3–4-Year-Olds

Children aged 3–4 are still at risk of choking on certain foods. The EYFS Nutrition Guidance 2025 outlines safe food preparation methods, which we expect all packed lunches to follow:

⚠️ Please cut or prepare the following items as follows:

Grapes	Cut lengthways and in quarters
Cherry tomatoes	Cut lengthways
Carrot sticks	Serve soft-cooked or grated/shredded; avoid hard, raw sticks
Apples & pears	Peeled and sliced thinly or grated
Cheese	Cut into thin strips or small cubes

Sausages or hot dogs	Cut lengthways and into small pieces (only occasionally as part of a healthy lunch)
Bread	Avoid thick, dry bread chunks – provide in manageable pieces

We also encourage families to avoid:

- *Hard or round foods* that can easily block the airway.
- *Sticky foods* (like, dried fruit clusters) that may be hard to swallow.

All food should be:

- Easy for a child to chew and swallow.
- Presented in small, manageable portions.
- Stored in a labelled lunch box with a small ice pack, as we are unable to refrigerate lunch items.

Allergies and Dietary Needs

Rosebuds Nursery is a **nut-free setting**. Please ensure no items contain nuts or nut-based spreads.
If your child has specific dietary needs or allergies, please inform us directly to ensure we can support them safely.

Please note that nuts are also found in some nappy creams. If your child is in nappies and you send cream in with them, please ensure this does not contain nut oil. Nut free brands include sudocrem and childs farm.

All children with allergies will need to have an allergy action plan. Please speak to the Nursery staff to complete one of these.

SEND

At Rosebuds Nursery, we are fully committed to meeting the needs of all children. We recognise that some children may have specific dietary needs, feeding difficulties, sensory sensitivities, or medical conditions that affect their food choices or eating routines.

We work in close partnership with parents, carers, healthcare professionals, and our SENDCo to ensure that every child receives appropriate nutrition and support. If your child has a diagnosed need or specific feeding plan, we will implement personalised strategies to help them feel comfortable and included. This may include adaptations to our packed lunch expectations, please speak to a member of staff.

Parents are encouraged to share relevant medical or dietary information with us during the admissions process or at any point where needs arise.

Working Together

We appreciate your support in providing healthy, safe, and nutritious packed lunches. If you need inspiration or guidance, please speak to a member of staff.

If we deem items in your childs packed lunch to not be appropriate or in line with the nutrition guidance, staff will work to support you in providing this.

This policy is reviewed annually in line with EYFS and Public Health England guidance.

Last reviewed: September 2025
Next review due: September 2026