



First Steps

Day Nursery & Pre School

44 Compton Road

Shepton Mallet

Somerset

BA4 5QT

Tel: 01749 346733

Email: enquiries@fsdaynursery.co.uk

First Steps Nursery Healthy Eating and Packed Lunchbox Policy

RATIONALE:

At First Steps Day Nursery, we recognise that good nutrition is essential if our children are to achieve their potential in life. We will help children to develop a positive attitude to healthier eating through the curriculum, food provision and links with families and the community. We are committed to promoting healthy eating and food safety in accordance with:

[EYFS statutory framework for group and nursery-based providers](#)

[Early Years Foundation Stage nutrition - GOV.UK](#)

[Children's food: safety and hygiene - NHS](#)

AIMS:

- To enable children and staff to choose healthier meals and snacks in nursery that are low in fat, sugar and salt and free of harmful additives.
- To encourage a happier and calmer population of children and young people.
- To help children to understand the importance of a healthy and balanced diet
- To ensure that children are fully hydrated throughout the day.
- To ensure that children are aware of basic food hygiene.
- Provide guidelines for parent/carers on the expectations for packed lunches brought from home
- Ensure packed lunches brought from home provides children with healthy, balanced and nutritious food, which meets their needs to be physically active, to learn, grow well, and be healthy.
- Comply with food hygiene and safety regulations
- Meet EYFS requirements for nutrition, independence and self-care.
- Protect children with allergies and dietary needs.

There will be a whole Nursery approach to ensure that this policy is widely implemented:

- A planned programme of healthy eating will be delivered as part of the curriculum.
- Healthy eating will be promoted in a consistent way by all the staff in the nursery
- Children will be encouraged to eat socially and without excessive time pressure, within the constraints of the lunchtime period.
- Healthier packed lunches will be promoted
- Children and staff will have access to drinking water indoors and outdoors.

Allergy & Food Safety Policy Compliance

- We operate a strict NO-NUT policy—any nut-based products will be removed and returned to parents.
- All food must be safely prepared and stored at home following food hygiene guidelines: [Early Years Foundation Stage nutrition - GOV.UK](#)
- Parents/Carers must ensure food is fresh, in date and appropriate for their child's age and dietary needs. Any food past the use by date will not be served and parents will be contacted to provide an alternative.
- Any concerns about a child's diet or food safety will be discussed with parents/carers.

Snack and Packed lunch guidelines

- All children will be asked to provide a healthy lunch box . This should be clearly labelled and inline with our policy.
- Parents and guardians are kept informed about healthy eating through newsletters, displays and the Nursery website.
- Parents are informed about how to make their child's packed lunch healthier. Information is shared in our healthy lunchbox policy
- Children and staff are actively encouraged to wash their hands before and after handling food.
- The Nursery will provide facilities for children bringing in packed lunches. These will be stored in a refrigerator.
- The Nursery will work with parents to ensure that packed lunches abide by the standards listed below.
- Packed lunches will be regularly reviewed by staff on Lunch rotas and parent will be informed if lunchboxes are not nutritious.

- Staff will, within reason, will send any uneaten packed lunch food items back home. This is so that parents/carers can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the nursery.
- Drinks, such as water and milk (dairy free alternative), will be provided by nursery and will be available for your child during the day. Please do not send in any drinks with your child. Squash or fruit juice is not permitted unless there is a diagnosed medical need.

Packed lunches should include:

- ❖ At least one portion of fruit and one portion of vegetables every day.
- ❖ Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- ❖ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day
- ❖ Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- ❖ You can provide a dish such as pasta, soup or casserole which staff can reheat should you wish your child to have a hot meal. These meals will be temperature probed to ensure they have met the required temperature for reheating. There is an increased risk of food poisoning when rice is reheated due to the *Bacillus cereus* bacteria. Therefore, we will not reheat rice.

Packed lunches should not include:

- ❖ Snacks such as flavoured crisps are not permitted. Instead, include seeds, raisins, fruit bars, savoury crackers or breadsticks (no added sugar, salt or fat).
- ❖ Confectionery such as chocolate bars and sweets are not permitted. Instead, you could provide, e.g. fruit loaf, scone, cereal bar (low sugar).
- ❖ Meat products such as sausage rolls, individual pies, corned meat and sausages, chipolatas should only be included only occasionally.
- ❖ Nuts or nut-based products are strictly prohibited due to allergies.

If we feel as a setting that any food does not abide by the guidelines above, we will pop a reminder in your child's lunchbox with alternatives we would recommend. Should you on more than three occasions still be including unhealthy options we will ask you to come into the setting to discuss your child's dietary needs.

Example lunch boxes



Tea

For children attending all day until 5.30 we will provide a hot tea option. For example, a jacket potato, homemade soup, pasta dish, scrambled egg on toast or omelettes. This will be on a 4-week menu which will be shared with parents.

Healthy Eating and Lunchbox Policy

Prepared by: First Steps Childcare

Date agreed: September 2026

Review date: September 2027