



Buttons and Bows Pre-school
Registered charity number 1145956

Packed lunch policy

Statement: The aim of the policy is to ensure that all food and drinks brought from home, consumed at pre-school provide children with healthy and nutritious food.

This setting regards lunch times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating. We promote healthy eating.

Buttons and Bows is recognised as a health promoting pre-school by Cambridgeshire County Council.

Our pre-school responsibility: Our setting will ensure that eating food from home is a sociable experience. Our policy aims to enhance this by

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat. Ensure staff sit with children to eat their lunch so that the mealtime is a social occasion.
- Promoting positive behaviour and consideration for others.
- Providing fresh drinking water at all times

Pre-school is not responsible for providing:

Fridge space, so we request that food from home is in insulated bags with freezer blocks

Pre-school will not re heat left over meals from home, all packed lunch food must be ready to eat without the need for re heating.

Special diets and allergies

- At Buttons and Bows we recognise that some children may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring an emergency sweet snack to pre-school. In these cases, parents and carers are responsible for ensuring the food from home is specific for the child's needs and a plan will be put in place to support this.

We do not allow the swapping of food items between children as there is potential for an adverse reaction (e.g., Nut allergy)

We would like all Lunch Boxes to include:

- At least one portion of fruit (e.g., small apple, orange, dried fruit, cherry tomatoes)
- At least one portion of vegetables (e.g., carrot sticks, cucumber, celery)
- Meat, fish or other source of non-dairy protein (e.g., chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus and falafel)
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals. (For example, pitta bread, tortilla wraps, rice cakes, oat cakes)
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.

We would like lunch boxes to avoid:

- Snacks such as crisps (alternatives include savoury crackers, breadsticks, rice cakes)
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets (alternatives include small cakes, shortbreads and flapjack or plain biscuits)
- Items that contain Nuts or nut products (i.e., peanut butter) due to allergies **WE ARE A NUT FREE PRE-SCHOOL.**
- Fizzy drinks, squash and fresh juices.
- Flasks, drinks in glass bottles or ring pull cans
- Lunch Boxes should not regularly include items that are high in fat or salt. For example: cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies.

PLEASE ENSURE THAT FOOD IS CUT UP CORRECTLY E.G. GRAPES, BLUEBERRIES AND CHERRY TOMATOES SHOULD BE CUT INTO QUARTERS NOT HALVES.

Uneaten food will be placed back into the child's lunch box. This will enable parent's to have an awareness of what has and hasn't been eaten.

Further guidance

Early Years Foundation Stage nutrition guidance Guidance for group and school-based providers and childminders in England April 2025

<https://www.nhs.uk/change4life>

This policy was adopted at a meeting of	Buttons and Bows	name of setting
---	------------------	-----------------

Held on	May 2025	(date)
---------	----------	--------

Date to be reviewed	ANUALLY	(date)
---------------------	---------	--------

Signed on behalf of the management committee

Name of signatory	J Chapman
-------------------	-----------

Role of signatory (e.g. chair/owner)	Chairperson
--------------------------------------	-------------