



Packed Lunch Policy

Policy Statement

The Children's Garden day nursery is committed to promoting the health, well-being, and safety of all children in our care. In line with our Healthy Eating Policy and food safety standards, we operate a packed lunch policy. All meals, snacks, and consumables are provided by the setting, ensuring consistency, quality, and allergy management across our provision.

Aims of the Policy

This policy aims to:

- Ensure that all children are provided with healthy, balanced, and age-appropriate meals and snacks.
- Promote equality and inclusion by offering consistent meals to all children.
- Minimise the risk of allergen exposure and food related health risks.
- Reduce reliance on external food sources, which may not comply with food hygiene or nutritional standards.

Meals and Snacks Provided

We provide:

- A varied organic breakfast
- A nutritious mid-morning snack
- A healthy, balanced lunch

- A light afternoon tea

Menus are carefully planned, rotated, and shared with parents. Dietary requirements, including allergies, religious observances, and cultural preferences, are fully catered for in consultation with parents/carers.

Fully Funded Places – Opt-Out Provision

For children attending under the Fully Funded option offered on Mondays and Fridays only, families have the choice to opt out of paid extras, which include:

- All meals and snacks
- Consumables
- Additional services and enhanced activities

In this case, as food and care items are not covered, parents/carers who opt out of Meals & Snacks will be required to provide these items for their child. Please note that due to health, safety, and allergy considerations, we are unable to store packed lunches on site. A parent will have to sign an indemnity agreement accepting legal responsibility for any harm the food brought may cause to children. Any packed meals must be brought in at the designated time by the parent or carer.

If you are considering opting out of meals and snacks please contact the Nursery Manager to discuss your options. We are committed to working in partnership with families, and this conversation will help us understand your needs and explore how we can best support you and your child while maintaining consistency and high quality care and education.

Dietary Needs and Medical Exceptions

Where children have diagnosed medical or dietary needs requiring a personalised food plan, we will work closely with parents/carers and relevant professionals to ensure safe and appropriate provision. Any exception to this policy must be agreed in writing by the Nursery Manager.

Implementation and Monitoring

This policy is shared with all parents during the enrolment process and reviewed annually. Staff are trained in food hygiene, allergy awareness, and are responsible for upholding this policy in practice.