

Packed lunch policy 2025

Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in preschool (or on preschool trips) provide pupils with healthy and nutritious food that is similar in quality to food served in school, which is required to meet national standards.

How and why the policy was formulated:

. • to promote consistency between packed lunches and food provided by preschool which must adhere to Ofsted Early Years guidelines regarding food and nutrition.

. • to make a positive contribution to children's health

• to encourage a happier and calmer population of children and young people National guidance: The policy was drawn up using Early Years Foundation guidelines and information from the Children's Food Trust.

This policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal

The preschool will provide a safe and clean environment for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.

• The school will work with parents to encourage packed lunches to meet the standards listed below.

• As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.

Suggested foods to be in a lunch box;

At least 1 portion of fruit or vegetable each day

Meat, fish or another source of non dairy protein Lentils; beans; soya or hummus

A starchy food such as bread, pitta chapatti or wrap

Dairy food such as milk – cheese; yoghurt; fromage frais or custard. This however, does not include Dairy Lunchables or similar

Cereal bars rather than cake or biscuits. Cereal bars must not contain nuts

Pretzels; seeds; fruit; crackers; vegetable sticks or bread sticks

Packed lunch can occasionally include (once per week)

Suggested items that should be included less often;

Cake and biscuits

Chocolate covered biscuits/bars

Meat and pastry products – such as sausage rolls or pies.

Oily fish – pilchards; salmon or tuna

Foods that should not be included in a healthy lunch box:

Snacks high in salt (crisps)

Confectionary













Nuts and products containing nuts

Fizzy drinks


What is a portion size?

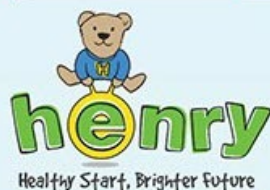
How big is a portion?

This chart is a general guide to the size of portions of a range of everyday foods. It is not meant to be a menu or to recommend what young children should be eating. Being guided by children's signs of hunger and fullness reminds us that appetites vary from child to child and day to day

FOOD GROUP	PORTIONS	1 AND 2 YEAR-OLDS	3 AND 4 YEAR-OLDS
Fruit and vegetables	5 a day 	½ cooked sliced apple 1 tbsp canned fruit (in juice) 1 tbsp cooked vegetables 5 quartered grapes 4 cooked carrot sticks 	½ large sliced apple 2 tbsp canned fruit (in juice) 2 tbsp cooked vegetables 8 halved grapes 6 carrot sticks 
Bread, rice, potatoes, pasta	4 a day 	1 small/half slice of bread 3 tbsp dry cereal 1 small boiled potato 3 tbsp cooked pasta 2 tbsp cooked rice 	1 slice bread 5 tbsp dry cereal 2 small boiled potatoes 4 tbsp cooked pasta 3 tbsp cooked rice 
Beans, pulses, fish, eggs, meat and other proteins	2-3 a day 	1 small slice chicken 2 tbsp fish in sauce 1 egg 1 tbsp beans/lentils 	1 slice chicken 3 tbsp fish in sauce 1 egg 2 tbsp beans/lentils 
Milk and dairy (milk as part of daily portions)	3 a day 	1 cup milk (150ml) 1 tbsp unsweetened yogurt 2 small sticks hard cheese 3 tbsp custard 	1 cup milk (150ml) 2 tbsp unsweetened yogurt 2 sticks hard cheese 4 tbsp custard 

Children do not need to eat any of the foods shown below that are high in sugar and fat. Offer them to children less often and in small amounts – the following images show age-appropriate portion sizes.

High-fat, high-sugar foods	occasionally 	4 chips 1 small piece of cake 1 small plain biscuit 1 tbsp ice cream 	6 chips 1 medium piece of cake 1 plain biscuit 2 tbsp ice cream 
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More information about portions and portion sizes for young children at www.firststepsnutrition.org and www.childrensfoodtrust.org.uk

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How to serve some foods so they do not become a choking hazard;













Fruit and vegetables	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruit	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters)
Large firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Sausages and hot dogs Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily. Meat or fish Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat
Cheese	Grate or cut cheese Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible
Nuts and seeds – not to be brought into preschool	Chop or flake whole nuts Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old
Bread	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips
Popcorn, chewing gum, marshmallows – not allowed in preschool	Do not give babies and young children

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Peanut butter- not allowed in preschool	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes
Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.	
Do not give babies under the age of 1 whole raisins or dried fruits	Cut them into small pieces

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Healthy Start, Brighter Future

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