



1. Purpose and Nutritional Standards

As an EYFS setting, we have a statutory responsibility to guide parents on what can be included in packed lunches and how it is served, while children are in our care ([EYFS 2025 statutory nutrition guidance, 2025](#)). We follow a "Provide, Limit, Avoid" framework to support healthy development:

- **Provide Daily:**
 - **Starchy Carbohydrates:** At least one portion (e.g., wholemeal bread, pasta, rice, or potatoes).
 - **Fruit and Vegetables:** At least one portion of each.
 - **Protein:** One portion (e.g., beans, pulses, fish, eggs, or lean meat).
 - **Dairy:** One portion of milk, cheese, or yoghurt.
- **Limit:**
 - **Processed Meats:** Sausages, nuggets, and pre-packaged pies/sausage rolls should be limited to once per week due to high salt content.
- **Avoid (Not Permitted):**
 - **Sugary Drinks:** Fizzy drinks, squash, and fruit juices.
 - **Confectionery:** No sweets, chocolate bars
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2. Safer Eating and Choking Prevention

In line with the [Sept 2025 Safer Eating requirements](#), all food provided by parents must be prepared to reduce choking risks:

- **Round Foods:** Grapes, cherry tomatoes, and large berries must be cut **lengthways** into **quarters**- please note this has changed from half lengthways to a quarter lengthways.
- **Sausages:** Must be sliced **lengthways** into **thin strips**, not rounds.
- **Firm Fruit/Veg:** Large fruits (melon) and hard vegetables (carrots, apples) should be cut into **narrow batons** or **slices**, or grated.
- **Cheese:** Cut into slices rather than cubes



Aldbrough Primary EYFS Lunch Box Policy



- **Stones and Pips:** All stones (e.g., from plums, cherries) and large pips must be removed.
- **Prohibited Safety Risks:** Whole nuts, seeds, popcorn, and hard sweets are not safe for children under five.

3. Allergies and Food Safety

- **Allergy Awareness:** We are a nut-free setting. Parents must not include any products containing nuts.
- **Monitoring:** A designated staff member will check lunchboxes daily for safety (e.g., correct cutting of grapes) and dietary requirements.
- **Storage:** Please include an **ice pack** (if your child's lunch has been made 4 hours prior to them eating (at 12pm).

What to Leave at Home

- **Confectionery:** No sweets, chocolate bars
- **Sugary Drinks:** fizzy drinks, squash or fruit juices (water is preferred)
- **Nuts:** We are a **nut-free** setting. No peanut butter or Nutella.

Lunch box ideas

- Ideas for your child's lunchbox can be found on <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Examples of acceptable packed lunch

- Sandwich (chicken/turkey/ham- lean, cheese) / pasta
- Savoury snack (not high in salt)
- Yoghurt
- Piece of fruit
- 1 pudding item (check packaging for lower sugar/ fat options)

Please ensure that your child's lunch box is cleaned daily. We appreciate your support with us following the Statutory Guidance. Please speak to a member of staff should you have any concerns/questions.