



Bizzy Bees Preschool Policies and Procedures

Packed Lunch Policy

Policy Statement

At Bizzy Bees Preschool, we aim to promote healthy eating and ensure that all food brought into the setting is safe, nutritious and suitable for young children.

We work in partnership with parents to encourage balanced packed lunches that support children's health, wellbeing and development.

Provision of Meals

Children attending the setting have the option of:

- Bringing a packed lunch from home, or
- Having a hot meal provided by Broomfield Primary School

Parents are asked to inform the setting of their choice in advance.

Nut-Free Setting

Bizzy Bees Preschool is a **nut-free setting**.

Parents must ensure that:

- No nuts or products containing nuts are included in packed lunches
- Food labels are checked carefully

This is to protect children with severe allergies.

Packed Lunch Expectations

We ask that packed lunches:

- Are clearly labelled with the child's name
- Are stored safely and appropriately
- Contain a variety of healthy foods

Packed Lunch April 2026

This policy was reviewed at a meeting of Bizzy Bees Pre school held during April 2026 and reviewed at least



We encourage parents to provide lunches that follow healthy eating guidance.

Foods Not Permitted

The following items are **not permitted** in packed lunches:

- Chocolate
 - Sweets
 - Fizzy or sugary drinks
 - Nuts or nut-based products
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Healthy Eating Guidance

In line with NHS recommendations, a balanced packed lunch should include:

- A **starchy food** (e.g. bread, rice, pasta or potatoes)
- A **protein source** (e.g. meat, fish, eggs or beans)
- A **dairy item** (e.g. cheese or yoghurt)
- **Fruit and/or vegetables**

We support children in developing healthy eating habits and will work with parents where improvements are needed.

Drinks

- Drinks are provided by the setting
 - Children are offered **milk and water only**
 - Children have access to fresh drinking water at all times
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Mealtime Practice

- Staff sit with children to encourage a positive and social eating experience
- Mealtimes are calm and supportive



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- Children are encouraged to eat independently where appropriate
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Food Safety

To ensure safety:

- All food is checked before consumption
- Foods such as grapes and tomatoes must be cut appropriately
- Staff monitor children closely while eating

This policy should be read alongside our **Safer Eating Policy**.

Menu Choices and Changes

If your child is staying for lunch and having a hot meal:

- Parents must complete a **menu choices form**

Children may have a mixture of:

- Packed lunches
- Hot meals

If changing from packed lunch to a hot meal:

- Parents must inform the setting **by 9:30am on the day**
 - The cost will be added to the next month's invoice
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Partnership with Parents

We understand that children may have preferences and varying eating habits.

We will:

- Support parents in making healthy choices
 - Offer guidance where needed
 - Respect cultural and dietary needs
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Monitoring and Review

We monitor:

- The nutritional quality of packed lunches
- Children's eating habits
- Any food safety concerns

We will work with parents where changes are needed.

Policy Review

This policy was reviewed: April 2026

Next review date: April 2027

Signed: ___RLAVERTY_____