



Packed Lunch Policy

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Aims

At Pavilion Pre School Aigburth (CIO), we aim to promote healthy eating habits from an early age and ensure that all children receive a balanced and nutritious meal during their time with us. This policy outlines our expectations for packed lunches brought from home to ensure consistency, safety, and support for all children's health and wellbeing.

Objectives

- To ensure that all packed lunches provide children with a healthy, balanced meal.
- To promote awareness of good nutrition and healthy lifestyle choices.
- To safeguard children with allergies and specific dietary needs.
- To work in partnership with parents and carers to support healthy eating habits.

Guidelines for Parents/Carers

We ask that packed lunches include:

- A main item such as a sandwich, wrap, pasta, rice or salad.
- At least one portion of fruit and one portion of vegetables.
- A dairy item such as cheese or yoghurt.

- A healthy drink, such as water or milk (no fizzy drinks).

We encourage parents to limit:

- Sweet treats such as biscuits, cakes or small chocolate bars — these should be occasional only.
- Crisps or savoury snacks — ideally, include these in moderation.

Please do not include:

- Sweets or confectionery.
- Fizzy or energy drinks.
- Nuts or nut-based products (including Nutella and peanut butter) — we are a nut-free setting due to allergies.
- Foods that require reheating or refrigeration beyond our safe storage capacity.

Food Safety

- All packed lunches should be clearly labelled with the child's name.
- Staff will supervise meal times to ensure food is eaten safely and hygienically.

Allergies and Special Diets

- Please inform the pre-school of any allergies, intolerances, or dietary requirements.
- We will work closely with parents to accommodate medical, cultural, or religious dietary needs.

Promoting Healthy Eating

- Staff will encourage children to try a variety of foods.
- We use mealtimes as a social and learning experience, encouraging good manners and conversation.
- Children will never be forced to eat but will be gently encouraged to try different foods.

Monitoring and Review

This policy will be reviewed annually or sooner if required due to changes in national guidance, EYFS requirements, or identified needs within the setting.

This policy was adopted in October 2025. It will be reviewed annually or as required.

Last updated: 14th October 2025

Signed by the Chair of Trustees:



Signed by the Operations Manager:



Signed by the Pre School Manager:

