

Packed Lunches

Due to the introduction of new Nutrition Guidance in the Early Years Foundation Stage (EYFS) in September 2025, we are reviewing our lunch policy and would like to share the following:

Healthy eating is our number one priority. Please pack a range of enticing healthy options. In addition to our NO NUT policy, we are also now including NO CHOCOLATE OR SWEETS. There are yummy alternatives such as fresh and dried fruit.

Zero waste lunch is important, so we request that you avoid packaged foods, such as crisps, bars, single use yoghurt pots and smoothy/yoghurt pouches.

Independence & self-esteem, this means that children should be able to open their containers, look after their belongings, and clear up after themselves. Packaging can be difficult for children to open, while containers with lids can be hard for children to manage, they need to be individually named and still get lost!

Help us make your child's lunches a positive experience for their holistic learning and development, while forming good habits that last a lifetime.



We are promoting the use of Bento style lunch boxes, which have small compartments, in which a variety of foods can be stored. These boxes are excellent as typically, they only have one clasp, so are very easy to open and can display a variety of healthy foods for your child to eat.

If you are considering purchasing a new lunchbox for your child, we have a selection of 'YUMBOX' for sale at a discounted price of £15 each (RRP £30.00). These are PBA & phthalates-free, dishwasher safe and non-spill so even yoghurts can be included, with no extra pots or lids required!



We always provide fresh drinking water for children to help themselves and cutlery for their use, so bottles, forks and spoons are not required: less for you to worry about 😊

Check out these websites for packed lunch inspiration and more!

- www.foodforlife.org.uk
- www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/