

Lunchbox Policy

At Sunnydale Nursery, we are committed to promoting healthy eating habits and ensuring children receive safe, nutritious food throughout the nursery day. This policy outlines the expectations for lunchboxes provided by parents and carers to support children's health, wellbeing, and safety.

General Requirements

Children must be provided with enough food for the full nursery day this includes:

- Breakfast
- Morning snack
- Lunch
- Afternoon snack
- Tea

Food Preparation and Safety

- The nursery cannot reheat or cook food brought from home.
- Any food intended to be eaten warm must be provided in a suitable thermal flask to maintain temperature safely.
- Due to limited fridge space, all lunchboxes must contain an ice pack where required to keep food cool.
- All food containers and lunchboxes must be clearly labelled with the child's name.
- Food must be prepared and cut appropriately for the child's age to reduce the risk of choking. Eg grapes and sausages.

What to Include in a Lunchbox

Parents and carers should ensure lunchboxes include:

- A main meal for dinner and tea suitable to be eaten cold or kept warm in a thermal flask
- At least one vegetable and one fruit each day
- Healthy snacks for morning and afternoon snack times these need to be similar to what we are offering in nursery that day, for information regarding this please see our menus.

To encourage healthy eating, only one sugary item (such as a small cake, biscuit, or sweet treat) will be given during the day.

This policy was adopted on:	January 2026
Date disseminated to staff:	January 2026
Date for review:	January 2027