



Ghyll Royd School
A foundation for life

Nursery Packed Lunch Policy

Date last approved:	December 2025
Next review date:	December 2026
Period of Review:	Annual
Policy Lead:	Nursery Manager
Policy approved by:	EYFS Governor
Policy Area:	EYFS

Aims

At Ghyll Royd Pre-School we see the benefits of all children eating the same meal and we feel this is part of what makes Ghyll Royd special. The kitchen team provides wonderful freshly cooked meals offering children a varied meal plan which can help children develop a taste for different flavours and learn to accept a wider variety of foods as they get older. With the introduction of the new Early Years nutritional guidance, by children having our meals it ensures parents can be confident their child is accessing a balanced nutritional diet. This policy is to provide guidance to those nursery families opting out of freshly cooked lunches as part of their rights to access free childcare.

Policy

Packed lunches are only allowed to be provided by families using funded hours during lunch (11:30am – 12:30pm) who have opted out of the Ghyll Royd-provided lunch.

To ensure the safety and health of all children, the following guidelines must be followed when sending packed lunches to nursery.

1. Food Packaging

- (a) Pre-packaged food only: all food must come in sealed, store-bought containers.
- (b) Allergen information: packaging should clearly list any allergens like dairy, gluten or nuts.

2. Health and Nutrition

- (a) Packed lunch must be made in line with our own Nutrition Guidelines.

No unhealthy/processed snacks or food with the 'red label'. The following should be avoided: chocolate, crisps, sugary snacks junk food, processed meats, white bread,

Include balanced foods like: fresh fruit or vegetable sticks, whole grain sandwiches or wraps, cheese, boiled eggs, yogurt.

3. Allergy Safety

- (a) Nut-free – do not send anything with nuts or nut products (eg, peanuts, peanut butter).
- (b) Allergies – let us know if your child has any allergies, so we can keep them safe.

4. Choking Hazards

- (a) Safe food sizes – cut food into small, manageable pieces to avoid choking risks (eg, sliced grapes and blueberries, cut vegetables thinly).
- (b) No whole grapes or large chunks of food.

5. Temperature and Storage

- (a) No heating – we are not able to heat food from home.
- (b) Room temperature – pack food that can stay safe at room temperature until lunchtime.

6. Policy Enforcement

- (a) Non-compliance – if a lunch does not follow these rules, we cannot serve it. Parents will be asked to provide an alternative, collect their child or authorize for their child to receive a Ghyll Royd freshly cooked meal and be charged on their next bill.

For the safety of all our Ghyll Royd School and Pre-School children, and to ensure Ghyll Royd remains compliant with the EYFS Nutrition Policy, this policy will be strictly enforced.