



Lunch Box Rules Blackberries Childcare Group

We aim to promote a safe and healthy eating environment for all children at our nursery. If you are providing your child with a packed lunch, please follow these guidelines to ensure the safety and well-being of all children

Food Safety Guidelines:

All packed lunches must include a cold ice pack to maintain the correct temperature for food storage.

Under food safety regulations, dairy, cold meats, and fish should not be consumed without an ice pack, as harmful bacteria can multiply on food stored at room temperature.

Complete our Food Questionnaire each month to inform staff about the food groups you will be providing in your child's packed lunch, so we can monitor allergens effectively.

Healthy Eating Guidelines:

Provide a variety of foods in your child's lunchbox, as preferences may change daily. Offering a selection gives them autonomy over their choices.

Sugary drinks are not permitted in the nursery, as they can cause a 'sugar crash' leading to irritability, fatigue, and hunger. We encourage water or milk during mealtimes.

Limit sugary treats such as cakes, sweets, chocolate, and biscuits to one per day.

Please speak to staff if you would like ideas for healthy lunchboxes or request our leaflet for guidance.

Nut Aware Policy:

We follow a Nut Aware policy to ensure the safety of children with allergies.

Do not pack whole nuts, nut butters, or foods that knowingly contain nuts in your child's lunchbox. These items will not be offered to your child.

By following these guidelines, we can create a safe and healthy environment for all children. Thank you for your cooperation!

If you have any questions or need further assistance, please speak to a member of staff.

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