Provision of own Food (Child) Policy

1. Introduction

At Home from Home, we are committed to promoting healthy eating habits and supporting children's health, wellbeing, and development. This policy provides guidance for parents and carers when providing own foods to be consumed at the nursery to ensure that foods are nutritious, balanced, and safe for all children attending the nursery.

The routine of shared mealtimes is one of the most important part of a child's development which supports peer-to-peer interaction, enables practitioners to engage with children on healthy eating and supports children with their school readiness. It is a valuable teaching opportunity and allows children to be independent, make choices for themselves and develop their social skills.

We maintain the highest possible food hygiene standards with regards to purchase, storage, preparation and serving of food. We are a registered food provider with the local authority Environmental Health Department and are inspected. We continue to maintain a 5 start standard following our latest inspection in May 2026.

This policy is in place to ensure that and meals provided externally for consumption on the premises will meet Home from Homes obligations detailed above

This policy should be read in conjunction with:

- Food Handing, Hygiene and Nutrition policy
- Contract Policy
- Consumable Charges Explained

2. Contents

The following sections are included in this policy document:

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5. Responsibility of parents with regard Healthy Eating
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3. Background

Home from Home provides food for consumption at the nursery as part of a child's contract of attendance (see Contract Policy). In exceptional circumstances and agreement with the nursery it may be necessary for the child to provide some or all of their own food (see Consumable Charges Explained)

In our setting we prepare and/or serve food for children on the following basis:

- Breakfast (Prepare and serve)
- Morning Snacks (Prepare and serve)
- Hot lunches (Prepared by Little Tums and served by Home from Home https://www.littletums.co.uk/
- Afternoon Snacks (Prepare and serve)
- Afternoon Tea Hot & cold (Prepare and serve)

We actively encourage children to be involved in the preparation and serving of food at Home from Home

4. Agreeing which meals will be provided from home

If a parent chooses to provide all meals then this will need to include morning snacks, lunch, afternoon snacks and afternoon tea.

4.1 Food options for each meal time

Please find below recommendations of foods that can be provided for each meal time.

Snack example/s	Half a banana & 1 Rice cake Grapes & 2 Cream crackers	Apple slices & 2 Breadsticks Watermelon & Melba toast
Lunch example/s	Ham sandwich, Carrot batons & hummus Yoghurt	Pitta slices Cheese cubes Banana
Tea example/s	Avocado bagels Cherry tomatoes Gingerbread men	Tomato Pasta Sweetcorn Oaty bar

4.2 Cost options for missing/ forgotten meals

Where missing/forgotten meals are provided by nursery this will incur an additional charge, invoiced in arrears at the following rate per meal:

AM Meal @ £3.50 – Lunch

AM Meal @ £1.45 – Morning Snacks

PM Meal @ £3.80 - Afternoon Tea

PM Meal @ £1.45 – Afternoon snacks

NB Breakfast is complimentary

5. **Responsibility of parents with regard Healthy Eating**

We encourage parents and carers to provide healthy, balanced food that supports children's growth, learning, and energy needs throughout the day.

A healthy packed lunch should include:

- A starchy food such as wholemeal bread, wraps, pasta, rice, crackers, or pitta bread.
- A source of protein such as chicken, turkey, tuna, eggs, cheese, hummus, beans, or other suitable alternatives.
- Fresh fruit and/or vegetables.
- A dairy food or dairy alternative, such as yoghurt or cheese.
- Water as the preferred drink.

Examples of suitable lunch items include sandwiches, wraps, pasta salads, vegetable sticks, fruit, yoghurt, cheese portions, and healthy homemade snacks.

6. **Foods We Discourage**

To support healthy eating, we ask that packed lunches do not contain:

- Chocolate bars, sweets, or confectionery.
- Fizzy drinks, energy drinks, or drinks with high sugar content.
- Large quantities of crisps or highly processed snack foods.
- Fast food items such as takeaway meals.

Occasional treats may be permitted at the discretion of the nursery for special events or celebrations.

7. **Nut-Free Environment**

To protect children and staff with severe allergies, our nursery operates a **strict nut-free policy**. Regard other allergies all food Items should be provided sealed, in original packaging, with details of allergens.

Parents and carers must not include:

- Peanuts.
- Tree nuts (including almonds, hazelnuts, walnuts, cashews, pistachios, pecans, Brazil nuts, and macadamia nuts).

- Peanut butter or nut-based spreads.
- Nut-containing cereal bars, cakes, biscuits, chocolates, or snacks.

Parents and carers are asked to check ingredient labels carefully before packing lunches. If a product states that it contains nuts, it must not be brought into the nursery.

Where products are labelled as "may contain traces of nuts", parents should follow any specific guidance issued by the nursery regarding allergy management.

8. Food Safety

To ensure food remains safe to eat:

- Packed lunches should be brought to nursery in a clearly labelled lunch box or container.
- All food Items should be provided sealed, in original packaging, with details of allergens.
- Perishable foods should be kept cool using an ice pack where appropriate.
- Parents and carers are responsible for ensuring food is fresh and within its use-by date.
- The nursery cannot reheat packed lunches brought from home unless specific arrangements have been agreed.

9. Supporting Children

Nursery staff will encourage children to enjoy a balanced diet and develop positive attitudes towards healthy eating. Staff may discuss healthy food choices with children in an age-appropriate manner.

10. Monitoring

Nursery staff reserve the right to monitor packed lunches and may speak with parents or carers if lunch contents do not meet the requirements of this policy or pose a risk to the health and safety of children attending the nursery.

11. Review

This policy will be reviewed annually or sooner if changes in legislation, guidance, or nursery procedures require it.

12. Version Control

Version	Date	Status	Comments	By
1	June 2020	Guidance		Emma Corbin
2	June 2026	Policy	Updated in line with Food Handing, Hygiene and	Sophie Eade

			Nutrition policy & Contract Policy	