

## Bringing Food into Nursery Policy

At Rainbow Hill House Nursery, the health, safety, and wellbeing of all children in our care is our highest priority. In order to safeguard children, particularly those with allergies, intolerances, and dietary requirements, we have had a long-standing policy of not allowing food to be brought into the nursery. We are proud to have a full-time on-site chef who prepares fresh, nutritious, home-cooked meals that cater to all dietary needs. However, in line with current government regulations, we recognise that some parents and carers may choose to access only the funded early education entitlement and not pay additional fees for meals.

To support this, we have implemented the following **strict guidelines** for families who opt to provide food from home.

### General Requirements

- Only families accessing funded hours only (15 or 30 hours) may bring food from home.
- Parents/carers must provide:
  - 1–2 portions of snack (depending on hours child is attending)
  - A packed lunch/tea (depending on hours child is attending)
- Due to the high risk posed by allergens, **this policy is strictly enforced**.
- Children bringing food from home will be seated at a separate table to safeguard children with allergies.
- Any leftover foods/dirty tupperware etc. will be placed back into the child's lunchbox to take back home.

### Snack Guidelines

Only the following items are permitted for snack time:

- Fresh fruit (washed and pre-cut appropriately)
- Fresh vegetable sticks (washed and pre-cut appropriately)
- Plain crackers
- Plain breadsticks
- Plain rice cakes

### **Important:**

- All snacks must be cut to a size suitable for your child's age to reduce the risk of choking.
- Parents/carers are responsible for preparing food safely and hygienically.

### Lunch Guidelines

**All lunches must meet the following standards:**

- A **full written list of ingredients** used in every item must be provided with the lunch each day.
- **No processed foods** of any kind are permitted.
- **No foods requiring heating** may be brought in.
- All fresh produce must be washed, peeled, and cut appropriately.
- Foods must **not pose a choking hazard** (e.g. whole grapes must be halved lengthways).
- All packed lunches must adhere to **government nutrition guidelines** for early years settings

([https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell\\_guide\\_colour\\_edition.pdf](https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fee/Eatwell_guide_colour_edition.pdf)).

- Parents/carers must **avoid cross-contamination** during preparation (e.g. using clean utensils and separate preparation areas for allergens).
- Lunches must be delivered to the nursery **30 minutes prior to lunchtime** to prevent bacterial growth, as we are unable to refrigerate or store food on site.

### **Prohibited Items**

To protect children with allergies and ensure nutritional standards, the following items are **not allowed**:

- Foods containing **nuts**
- **Meat** or **shellfish**
- Foods containing **eggs**
- Foods with **added sugar**
- **Processed** food items

We understand that this policy may require additional effort from families. However, it is essential to maintain a safe, inclusive, and allergy-aware environment for all children. If you have any questions, please speak to the Nursery Manager.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<i>1<sup>st</sup> July 2025</i>	Nedj Djemal & Faye Jemal	<i>September 2026</i>

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