



Packed Lunch Policy

Bumble & Bloom Childcare · Aligned with EYFS Nutrition Guidance (April 2025)

This policy explains our expectations for packed lunches brought from home, so that children continue to enjoy balanced, safe and allergen-aware meals at the setting.

When packed lunches apply

- Bumble & Bloom provides all meals as standard. A packed lunch may be brought from home where a family has specifically requested it, for a day trip, or where a child has highly specific dietary needs we cannot meet in-house.

What to include

- A starchy food such as wholemeal bread, wraps, pasta, rice or potatoes.
- A source of plant protein such as houmous, beans, lentils or tofu (dairy and eggs are welcome where the child has no allergy).
- At least one portion of vegetables and one portion of fruit.
- A drink of water or fortified milk in a labelled, leakproof bottle.

What not to include

- Nuts of any kind (including nut butters and products that may contain nuts).
- Sweets, chocolate bars, chocolate spread, cereal bars high in sugar, crisps and salted snacks.
- Sugary or fizzy drinks, squash, fruit juice or energy drinks.
- Whole grapes, cherry tomatoes, whole olives, popcorn or hard sweets (see safer eating guidance).

Food safety

- Please provide packed lunches in an insulated lunch bag with an ice pack. High-risk foods (dairy, cooked meat/fish) are kept chilled until serving.
- All food is checked against the child's allergy record before serving.
- Any uneaten food is returned home so parents can see what has been eaten.

Working with families

- We will speak sensitively with any family whose packed lunches regularly fall outside this guidance and offer support and ideas.
- We recognise cultural, religious and personal preferences and work with families to make lunches enjoyable and appropriate.

Review

- This policy is reviewed annually and updated in line with EYFS nutrition guidance.