



Lunch Time Policy

Pillarwood Farm Pre-School likes all children attending for the full day to provide a daily lunch box to eat with friends at lunch time.

We encourage parents to provide a healthy, nutritious pack up with suitable portion sizes, a variety of foods and have an awareness of foods causing allergic reactions.

Due to allergies, we advise that we are a nut free and kiwi free setting. This includes products containing nuts like chocolate spreads and pesto. As some of our children attending have dietary requirements, we ask that children have a named lunch box and items inside labelled.

We also advise when choosing items for pack ups fruits such as grapes and cherry tomatoes are cut lengthways as these are a choking hazard when given whole. Popcorn is a choking hazard and as a setting we ask that popcorn is not sent into pre-school.

Lunch box ideas:

Fill up on breads, pasta, cous cous, crackers, wraps (wholegrain release energy steadily)

Fillers: chicken, fish, eggs, lentils, cheese and houmous

Vegetable: carrots, cucumber, pepper, celery, sugar snaps, peas, cherry tomatoes

Fruit: satsumas, sliced apple, pineapple, berries, melon, banana, halved grapes

Treats: malt loaf, raisin bread, tea cakes, hot cross buns, homemade flapjack

Crisps: in moderation but other ideas bread sticks, rice cakes, cereal

Yogurts: low fat and low sugar with added fresh fruit

Drinks: water is always available, and bottles filled up throughout the day

Children love to help prepare their lunches and this encourages them to try new things.

Items should be in a named lunch box in containers to avoid cross contamination. Keeping lunches cool and fresh the pre-school advises parents to place fridge packs in the box and on arrival at pre-school lunches placed in the fridge (fridge temperature recorded daily)

Portion sizes for pre-school children is generally a portion size = a child's hand

When eating at pre-school the children all sit amongst friends and staff. All lunches placed onto the table with tablecloths wiped with anti-bacterial spray. All children and staff to wash hands and then use anti-bacterial hand wipes to ensure clean.

Children wait for all to be ready before beginning their lunch and the staff open boxes to ensure no items causing allergic reactions are enclosed.

Children encouraged to eat their lunches and staff provide encouragement to try to eat a suitable portion. All food not eaten is returned home to ensure parents can see how much has been eaten and can be disposed of.

All staff aware of basic food hygiene at least 2 of the 3 members of staff present are basic food hygiene level 2 trained.

At least two staff members present will be trained in first aid

All staff aware of children and staff allergies

Lunchtimes at Pillarwood Farm are an opportunity for children to be encouraged to be independent and staff will model behaviour to create positive mealtimes.

Policy created: February 2026

Review ongoing and by March 2027

