

23.0 Parent Provision of Food Policy

1. Policy Statement

At The Lloyd Park Children's Charity, we are committed to promoting healthy eating and ensuring food safety in accordance with:

- [Early Years Foundation Stage \(EYFS\) statutory framework](#)
- [Health and Safety regulations including food hygiene regulations and safe storage practices](#)
- Support with achieving the Government's Public Health Service ambition for children to have a healthy weight for height range and be well nourished
- [Healthy Early Years London guidance](#)
- [The DFE's Help for Early Years](#)
- [The NHS Children's food: safety and hygiene](#)

From weaning to solids, our meals and snacks are thoughtfully tailored to meet the diverse needs of our children. Each dish is vibrant, rich in flavour and texture, and inspired by global cuisines—reflecting the broad experiences we aim to offer.

As part of our commitment to sustaining the planet and promoting healthy lifestyles, we provide mainly plant-based food. We do not serve red meat, and include only limited amounts of chicken, fish, and dairy. This approach supports environmental sustainability while ensuring children receive nutritious, balanced meals.

Our experienced Cooks freshly prepare meals that support the vital nutritional needs of growing children. Whatever your child's dietary requirements, we will work with you to provide a creative and delicious alternative.

Mealtimes are joyful, social experiences that help foster a positive relationship with food—an attitude we hope will accompany children throughout their lives. We warmly encourage parents and carers to take advantage of our provision.

The Eat Better Guidelines available at www.earlystartgroup.com highlight the energy and nutritional requirements that children should receive across daily meals and snacks provided in Early Years settings as:

- breakfast 20%
- mid-morning snack 10%
- lunch 30%
- mid-afternoon snack 10%
- tea 20%

This leaves 10% for an additional snack at home in the evening

Note: This is based on a full day care setting and the assumption that lunch is a larger meal, and tea is a lighter meal

2.0 Aims

This policy is in place to/for:

- Those parents whose child/ren are in receipt of the Free Childcare Support Hours and who do not want to pay the Additional Service Charge for the provision of Breakfast, Lunch, Afternoon Tea & Snacks
- Provide guidelines for parent/carers on the expectations for the provision of food including Breakfast, Packed Lunches, Afternoon Tea, Snacks brought from home
- Parents cannot pick and choose what provision of food the setting provides e.g. Breakfast, Afternoon Tea to be provided by setting but parent will supply Packed Lunch. They must choose either **Option 1 Setting to Provide or Option 2 Parent to supply.**
- Ensure the brought from home items provide children with healthy, balanced and nutritious food, which meets their needs to be physically active, to learn, grow well, and be healthy
- Comply with food hygiene and safety regulations
- Meet EYFS requirements for nutrition, independence and self-care
- Protect children with allergies and dietary needs
- Align with the Healthy Early Years London Packed Lunch guidance

3.0 Breakfast, Packed Lunch, Afternoon Tea & Snacks

Drink, such as water and milk, will be available for your child during the day. If providing a drink, only water or unsweetened drinks should be provided

We acknowledge that young children only require small portions due to the size of their stomachs. Ensure that food provided is in manageable pieces and is not a choking hazard for your child.

A healthier packed lunch contains a portion of one of the four main food groups:

- **One or two portions of starchy foods:** Provide variety across the week and at least one wholegrain starchy food each week. This includes bread, wrap, chapatti, bagels, pasta, rice, noodles, couscous or potatoes. This should form part of the main meal and can be part of the dessert
- **At least one portion of vegetables and/or one portion of fruit:** Provide a variety of different vegetables and fruit each week. This includes carrot, cucumber, celery stick, chopped tomato and fresh, tinned, frozen, dried fruit such as sliced apple, chopped grapes, raisins (but remember, dried fruit is not suitable as a snack). Aim for your child to have 5 different vegetables and fruit across the day

- **One portion of beans, pulses, fish, eggs, meat and other proteins:** Provide a variety of different foods each week. This includes kidney beans, chickpeas (hummus), lentils (dahl), tofu, Quorn, egg, sliced meat or poultry in sandwiches
- **One portion of dairy or an unsweetened calcium enriched alternative:** This includes cheese in a sandwich, milk to drink, unsweetened yoghurt or fromage frais, rice or semolina pudding

Items to avoid:

Parents/Carers are to avoid:

✗ Nuts or nut-based products (strictly prohibited due to allergies)

✗ Sugary foods (chocolate and sweets, such as chocolate buttons, chocolate biscuit, cereal bar, processed dried fruit product)

✗ Crisps and processed snacks high in salt or fat. (snack items such as crisps, pulse or grain-based crisps, coated or flavoured dried vegetables)

✗ Sugary drinks (fizzy drinks, squash, energy drinks)

4.0 Safe Storage & Handling of Packed Lunches

To ensure compliance with food safety:

- All food must be provided in a clearly labelled, insulated container
- Parents/Carers are required to bring all food in suitable boxes which must include ice packs to keep perishable food fresh
- Refrigeration is not available; therefore parents/carers should pack food that remains safe at room temperature. We will provide a storage area for packed containers
- We are unable to heat/ re-heat food for food hygiene purposes
- Staff will monitor lunches for compliance with food safety and healthy eating standards
- Any unsafe or unsuitable food will be returned home, and parents/carers will be informed by the setting and will be charged for the provision of food for their child for the day:

£10.64

Full Day (Including Breakfast, Lunch, Tea & Afternoon Snacks)

£9.74

AM Session – 8am to 1.30pm (Including Breakfast & Lunch)

- Children are only allowed to eat their **OWN** food
- We will ensure that even though children have brought in their own food they will eat with their peers

5.0 Waste and Disposal

Staff will, within reason, send any uneaten food items back home, so Parents/carers can monitor what their child has consumed during the day.

6.0 Parental Notification (Food Allergies)

- Parents/Carers must notify the setting in writing of any food allergies, intolerances, or dietary requirements. We recognise that some children may require a special diet. In this case parents/carers should notify the setting
- All food provided should be handed directly to a staff member at drop-off to ensure compliance with our policy
- Staff may inspect lunchboxes to ensure adherence to food safety and allergy guidelines

7.0 Allergy & Food Safety Policy Compliance

- **THE CHARITY OPERATES A STRICT NO NUT POLICY - ANY NUT BASED PRODUCTS WILL BE REMOVED AND RETURNED TO PARENTS. CHILD/REN WILL BE PROVIDED WITH FOOD DURING THEIR ATTENDANCE AND PARENT WILL BE CHARGE IN ACCORDANCE WITH OUR FEES. PARENTS THEREFORE NEED TO CHECK ALL INGREDIENTS CONTAINED IN THE FOOD THEY ARE PROVIDING TO ENSURE THIS INSTRUCTION IN ADHERED TOO.**
- All food must be safely prepared and stored at home following food hygiene guidelines
- Parents/Carers must ensure food is fresh and appropriate for their child's dietary needs
- Any concerns about a child's diet or food safety will be discussed with parents/carers

8.0 Non-Compliance & Right to Refuse Packed Lunches To safeguard all children

Parents/Carers must adhere to our allergy, food hygiene, and healthy eating guidelines. If provided food items do not meet our standards, we reserve the right to:

- Provide a suitable meal at an additional cost to parents as stated above
- Refuse food until compliance is ensured. The setting will provide food and make the appropriate charge
- Report ongoing non-compliance as a safeguarding concern, in line with EYFS regulations

If a child comes without food, we will call families to bring one in or charge if we have to provide food

9.0 Support for Parent/Carers

If you need support in providing healthy meals, we are happy to offer guidance and resources. Please speak to a member of staff if you require any assistance

You can also access guidance and ideas by visiting the following websites:

<https://www.firststepsnutrition.org/eating-well-early-years>

<https://healthforunder5s.co.uk/sections/preschool/preparing-the-perfect-packed-lunch/>

Parental Declaration

I, [Parent/Carer Name], confirm that:

- ✓ I understand and agree to follow this Policy at The Lloyd Park Children's Charity
- ✓ I will not include any nut-based products or high-risk foods in my child's packed lunch
- ✓ I will ensure all food is safe, fresh, and appropriate for my child
- ✓ I acknowledge that if I do not comply with this policy, the setting may refuse the packed lunch and provide an alternative meal at an additional charge

Child Name:	
Parent/Carer Name:	
Parent/Carer Signature:	
Date:	

Review & Compliance

This policy is reviewed annually or as necessary to ensure that it remains in line with EYFS, Ofsted, and food hygiene requirements and guidance.

Policy Name	Parent Provision of Food Policy
Version Number	
This policy was developed by	Finance and early Years Departments
These people were consulted/ involved in developing the policy	LBWF Early Years
This Policy was adopted by	Trustee Board
Date	September 2025
Signed	Bisi Oyekanmi
Name	Bisi Oyekanmi
Role	Chair of Trustees
Next Review Date	September 2025