

Mehria Wonderland Nursery



Safer Eating Policy

Date agreed: 01/09/2026

Review date: 01/09 2027 (or sooner if required)

Signed: ___Zia Qazi_____
Senior Manager

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Mehria Wonderland Nursery

Safer Eating & Packed Lunch Policy

Policy reviewed: September 2026

Next review: September 2027

Applies to: All children, parents/carers, staff and visitors

At Mehria Wonderland Nursery, the safety, health and wellbeing of children is our priority.

Children attending nursery are required to bring their own packed lunch from home. Mehria Wonderland Nursery does not provide or prepare meals, snacks or drinks for children.

This policy sets out how we will manage food brought from home, allergies, choking risks, food hygiene and safe eating.

2. Packed lunches from home

Parents/carers are responsible for providing an appropriate packed lunch for their child.

Parents/carers should:

- Provide food that is suitable for their child's age and developmental stage.
- Ensure food is prepared in a way that reduces choking risks.
- Provide a balanced and nutritious lunch.
- Include fruit and/or vegetables where appropriate.
- Avoid excessive sweets, chocolate, crisps and sugary drinks.
- Provide water only
- Use an insulated lunch bag and ice pack for foods that need to remain chilled.
- Clearly label the child's lunch bag/container with the child's name.
- Inform nursery staff of any relevant dietary requirements or allergies.

Current early-years nutrition guidance specifically recommends that food brought from home is checked for potential allergens and that parents receive advice about keeping packed lunches safe and fresh. ([GOV.UK](https://www.gov.uk))

3. Nut and peanut policy

Mehria Wonderland Nursery is a nut-free nursery.

Parents/carers must inform the nursery immediately if their child has a diagnosed or suspected allergy to:

- peanuts
- tree nuts
- milk
- eggs
- sesame
- wheat/gluten
- soya
- fish
- or any other food.

Although the nursery does not provide food, staff will take known allergies seriously and follow the child's individual allergy management arrangements.

We will not claim that the nursery is completely “nut-free”, as it is not possible to guarantee that no allergen will ever enter the premises.

4. Allergies and dietary requirements

Parents/carers must tell the nursery about any allergy, intolerance or medically required dietary restriction before the child starts attending.

This information will be recorded and kept up to date.

Where a child has a serious allergy, parents/carers should provide any prescribed emergency medication, such as an adrenaline auto-injector, together with the necessary instructions and consent forms.

5. Checking packed lunches

At lunchtime, staff will:

1. Check that the lunch belongs to the correct child.
2. Check for obvious choking hazards.
3. Check that the food appears suitable and safe to eat.
4. Ensure children eat only their own food.
5. Discourage children from sharing or swapping food.
6. Supervise children while they eat.

7. Follow the child's individual allergy and dietary requirements.

Children must not share food with other children.

6. Choking prevention

Staff will supervise children while eating and ensure that food is eaten while children are seated.

Parents/carers should cut or prepare food according to their child's age and developmental ability.

Particular care should be taken with foods that can cause choking. ([Help for Early Years Providers](#))

Staff will follow current NHS/early-years guidance on choking prevention.

7. Food hygiene and storage

Parents/carers are responsible for ensuring that food is safely prepared and packed before it arrives at nursery.

Perishable foods should be transported in an insulated lunch bag with an ice pack where necessary. Government early-years guidance recommends using insulated sealed bags for foods that need to remain cool. ([GOV.UK](#))

Staff will:

- Wash hands before assisting children with eating.
- Encourage children to wash their hands before eating.
- Keep lunch containers clean and appropriately stored.
- Follow appropriate food hygiene procedures.
- Dispose of leftover food appropriately.

8. Foods that are unsafe or unsuitable

The nursery may refuse to give a child food where staff reasonably believe that it presents an immediate safety risk, for example because:

- it is spoiled or appears unsafe;
- it presents a significant choking risk;
- the packaging is damaged;
- it is clearly unsuitable for the child's age/development;

- it conflicts with a documented medical dietary requirement.

Parents/carers will be informed if food is repeatedly being brought that is unsuitable.

9. Food sharing

Children must not share, swap or give their food to another child.

This is particularly important because staff cannot safely assess another child's allergies or dietary requirements simply by looking at the food.

10. Staff responsibilities

All staff are responsible for following this policy.

The nursery manager will ensure that:

- allergy information is kept up to date;
- relevant staff know which children have allergies;
- staff know what to do in an allergic reaction;
- appropriate first-aid/emergency arrangements are in place;
- food safety and choking procedures are reviewed regularly;
- parents/carers receive information about the packed-lunch requirements.

11. Parent/carer responsibility

Parents/carers remain responsible for the food they send into nursery.

Parents/carers should notify the nursery immediately if:

- their child's allergy changes;
- a new allergy is diagnosed;
- medication is prescribed;
- their child's dietary requirements change.

12. Review

This policy will be reviewed annually or sooner if there is a change in legislation, EYFS requirements, guidance, or the nursery's arrangements.