Hasland Infant and Nursery School

School Lunch Box Policy

Last Reviewed	**September 2026**
Reviewed By (Name)	**Amanda Daykin**
Job Role	**School Business Manager**
Next Review Date	**September 2028**

1. Purpose of the Policy

This policy ensures a safe, healthy, and manageable lunchtime environment for all children. It supports children with severe allergies and helps staff maintain consistent food-safety standards.

It is important to ensure that food provided from home aligns with healthy options shared at nursery, so that children receive consistent messages about nutrition.

2. Lunch Box Requirements

- **Cold food only** — Pupils must bring *cold, ready-to-eat* items. Hot food, including items kept warm in flasks or insulated containers, is not permitted. This prevents burns, leakage, and food-safety risks.
- **Strict no-nuts rule** — No nuts of any kind are allowed. This includes whole nuts, nut butters, Nutella-type spreads, cereal bars containing nuts, pesto with pine nuts, and any product labelled “may contain nuts”. This protects pupils with severe nut allergies.
- **Healthy choices** — Families are encouraged to pack balanced meals such as sandwiches, wraps, pasta salads, fruit, vegetables, yoghurt, and water.
- **No sharing of food** — Pupils must only eat food from their own lunch box to reduce allergy and contamination risks.

Food should be suitable for their child’s individual developmental needs and prepared in a way to prevent choking. For perishable items that should be kept cool, pack food should be brought into nursery or school in insulated sealed bags. If ice packs are unavailable, the ‘4-hour rule’ can be applied. This rule allows food to be stored outside of chilled conditions for up to 4 hours, but this should only be done once during the entire storage. Clearly label children’s lunch bags. Pack foods that can safely be kept at room temperature if there is no refrigerated area for storing food brought from home.

3. Prohibited Items

- **Hot meals** (soups, noodles, heated leftovers, etc.)
- **Nuts or nut-containing products**
- **Energy drinks** or fizzy drinks
- **Sweets and confectionery**
- **Glass containers**

4. Compliance and Reminders

All foods brought from home will be checked for potential allergens so that the risk of cross contamination is reduced.

If a prohibited item is found, staff may remove it for safety reasons and provide an alternative where possible. Families will be notified so adjustments can be made for future lunches.

5. Supporting Families

If a pupil has dietary, cultural, or medical needs, parents/carers should contact the school office to discuss appropriate arrangements.

6. Appendix 1

Early years food choking hazards. Attached is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)