



Lunch Box Policy

First Friends Nursery

At First Friends Nursery, food is more than just fuel — it's an opportunity to nurture lifelong healthy habits, independence, and a positive relationship with food.

Our Thoughtful Food Programme

We are proud of our ***Thoughtful Food Programme***, which is designed to:

- Help children understand the importance of good nutrition.
- Encourage independence through self-serving and food preparation.
- Build confidence, curiosity, and enjoyment of healthy meals.
- Provide calm, sociable mealtimes where children can share and learn together.

Children are actively involved in the food journey, from planting vegetables in our garden to joining in with cooking activities. These experiences help them explore new foods, make choices, and develop healthy routines that will benefit them for life.

Why We Provide All Meals In-House

The health, safety, and well-being of every child is our top priority. To protect all children — particularly those with allergies or dietary needs — we ask that families **do not** send lunch boxes or food from home.

By providing meals in-house, we can:

- Safeguard children with allergies and intolerances through our traffic light system and individual care plans.
- Reduce the risk of cross-contamination from outside food.
- Ensure safe food preparation — all meals are prepared, cut, and served in line with strict food safety standards.
- Save valuable educator time by avoiding the need to cut and prepare food brought from home, allowing staff to focus fully on caring for and supporting the children.
- Offer inclusive, balanced, and nutritious menus that support growth, energy, and development.



Working Together

We appreciate your support in helping us maintain a safe, nurturing, and inclusive environment for every child. Together, we can ensure mealtimes are positive, safe, and enjoyable learning experiences for all.