



Sticky Fingers Food From Home Policy

At Sticky Fingers, we are committed to promoting healthy eating habits from an early age. To support your child's wellbeing and development, we ask parents and carers to follow the packed lunch policy outlined below. This ensures all children receive balanced, nutritious, and safe meals every day.

Balanced & Healthy Lunches

Meals from home must include a variety of food groups to support growth, concentration, and energy levels:

- Carbohydrates (e.g. bread, wraps, rice, pasta) – for energy.
- Protein (e.g. chicken, eggs, beans, fish, cheese) – for growth and repair.
- Dairy or dairy alternatives (e.g. yoghurt, cheese, etc) – for strong bones and teeth.
- Fruit and vegetables – aim for at least one portion of each to provide essential vitamins and fibre.

Avoid foods high in **sugar, salt, and saturated fat**.

No Nut Policy

The safety and wellbeing of all children is our highest priority. Due to the serious health risks posed by nut allergies, we have a strict **NO NUT POLICY** in place.

Some children in our care may have severe nut allergies. Even the smallest trace of a nut product – through touch, smell, or shared surfaces – can cause a life-threatening allergic reaction (anaphylaxis). This means it is essential that no nuts or nut products are brought into the nursery under any circumstances.

What is not allowed?

Please do not pack any of the following in your child's lunchbox:

- Peanuts or other whole nuts
- Peanut butter
- Nutella or any chocolate/nut spreads
- Snack bars or granola bars with nuts
- Cakes, biscuits, or pastries containing nuts
- Nut oils (e.g. almond oil) in homemade foods

Even foods labelled “may contain traces of nuts” should be avoided where possible.

promoting independence

To encourage independence and support motor skill development:

- Pack lunches in a clearly labelled lunchbox.

- Choose containers and packaging that your child can easily open themselves.
- Avoid glass containers or heavy thermos flasks.

Safe food preparation

Children will always eat sitting down at the table and will be supervised by an adult. They will be encouraged to chew their food slowly and avoid talking with food in their mouths. When preparing their packed lunch:

- Avoid high risk food to minimise choking risk (hotdogs, popcorn, grapes)
- All food to be cut appropriately (tomatoes, large blueberries – cut into quarters)

Timing & Storage

We do **not** have storage facilities for packed lunches. Therefore:

- Parents must bring in packed lunches no earlier than **10 minutes** before mealtime (11:20 for lunch & 2:50 for tea).
- Lunches will be handed directly to staff for immediate use.
- Children may bring a fruit snack (e.g. apple, banana, pear) in their backpack for snack time.

Healthy Eating Benefits

At Sticky Fingers, we talk regularly with the children about food and nutrition to encourage curiosity and awareness around making healthy choices. A balanced lunch helps children to:

- Stay focused and alert during learning/play
- Develop strong bones, muscles, and immune systems
- Establish lifelong healthy eating habits
- Reduces the risk of tooth decay

Before packing your child's lunch, ensure:

- It includes all food groups
- There are no nuts or nut products
- Food is cut and packed in a way your child can manage
- Containers are easy to open and labelled clearly
- You bring the lunch 10 minutes before meal time