BOURNE ELSEA PARK CHURCH OF ENGLAND PRIMARY ACADEMY

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Bourne

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Dear Parents and Carers,

In line with the latest EYFS Nutrition Guidance published by the DfE in May 2025, we must ensure that all children's packed lunches are safe, healthy, and suitable for their individual needs. To support you in this, we are sharing some simple guidance to follow when preparing your child's lunch. Please find enclosed a copy of the latest EYFS Nutrition Guidance, which we use as part of our good practice.

Packed Lunch Advice:

- Please ensure all food is appropriate for your child's individual developmental needs and is prepared in a way that reduces the risk of choking (for example, cutting grapes and cherry tomatoes into quarters, or slicing sausages and cucumbers into 1 cm pieces)
- For **perishable items**, such as dairy products, cooked meats, or sandwiches with fillings, please pack them in an **insulated, sealed lunch bag** with an **ice pack** to keep them cool
- If ice packs are not available, The **Food Standards Agency** advises that some **ready-to-eat foods**, such as cooked meats, soft cheeses, and pâté, should be eaten **within 4 hours of being removed from the fridge** to prevent the risk of *Listeria*, and the foods should not be re-chilled afterwards
- Clearly **label your child's name** on their lunch bag
- Please ensure your child's packed lunch includes a balanced selection from the main food groups. These are fruit and vegetables, starchy carbohydrates, protein foods, and dairy or fortified alternatives. This is to support their health, growth, and development

Celebrating Special Occasions

We know many families enjoy celebrating their child's birthday or other special occasions by bringing in treats to share. However, this means that children may be offered sweets and cakes several times a week and we aim to promote healthier choices. In line with our Food and Nutrition Policy, we kindly ask that from the beginning of Term 4 families do not bring in any food or alternative items for celebrations.

Thank you for helping us keep all children safe and well nourished. Your support plays a vital role in ensuring every child can enjoy their lunchtime safely.

Yours sincerely



Mrs Louise Jordan
Executive Headteacher