



## **Home Provided Meals Policy**

### **Purpose of this Policy**

This policy outlines Forfar Education's approach to meals provided from home and explains the expectations, requirements and safety considerations for families who choose not to access our in-nursery food provision.

### **Our Approach to Food at Forfar Nurseries**

At Forfar Nurseries, we strongly encourage families to choose our in-nursery food provision wherever possible. Our meals are freshly prepared, nutritionally balanced and fully inclusive, supporting children's health, development, wellbeing and enjoyment of shared mealtimes.

All food provision across Forfar Nurseries adheres to the EYFS Nutrition Guidance, ensuring that children receive meals and snacks that support healthy growth, sustained energy, concentration and positive lifelong eating habits. Good nutrition plays an important role in children's learning, behaviour and emotional regulation, and is an integral part of our daily practice.

### **Why Choose Nursery Meals?**

Our in-nursery food provision offers:

- EYFS-compliant, nutritionally balanced menus
- Freshly prepared meals on site
- All meals and snacks included
- Allergen management robustly controlled by the setting
- Opportunities to develop independence, social skills and positive attitudes to food

### **When Are Home-Provided Meals Permitted?**

Home provided meals are only accepted where:

- Families have formally opted out of the food consumables charge, and
- Parents have agreed to adhere fully to this Home Provided Meals Policy

The nursery reserves the right to review or withdraw approval for home provided meals if this policy is not followed, or if concerns arise relating to safety, nutrition or a child's wellbeing.

### **What Must Be Provided**

Families providing food from home must supply sufficient food for the **entire nursery day**, in line with EYFS expectations, including:

- Breakfast
- A two-course lunch
- A two-course afternoon tea
- Morning and afternoon snacks
- Enough food for second helpings, where appropriate

Meals should reflect a **balanced and nutritious diet**, supporting children's energy, focus and engagement throughout the day.

### **Food Safety Requirements**

To ensure children's safety and wellbeing, the following requirements must be met at all times:

- All food must be packed in a **cool bag with an ice pack**
- Food must **not require heating or reheating**
- All food containers must be **clearly labelled** with the child's name and any allergens
- **Nuts and nut products are strictly prohibited** in line with allergen safety guidance

### **Foods That Cannot Be Served**

For health and safety reasons, the nursery is unable to serve the following foods:

- Nuts or nut spreads
- Sausages
- Grapes or blueberries
- Dried fruit
- Cakes, sweets or chocolate

- Fish containing bones

These restrictions support safe eating practices and reflect EYFS guidance around choking risks and allergen management.

### **Monitoring and Review**

Our priority is always your child's safety, wellbeing and enjoyment.

If home provided meals do not meet the expectations outlined in this policy, or if concerns arise regarding nutritional balance or safety, we will contact parents to review the arrangement and agree appropriate next steps.

### **Questions and Support**

If you have any questions about this policy or your child's meals, please speak to your Nursery Manager, who will be happy to support you.

**February 2026**

**Review Date: January 2027**