

FLYING START OPT-OUT POLICY

Nursery Opt-Out Policy

This policy allows Parents/Guardians the option to opt out of standard meals, snacks & consumable charges by providing their own equivalent items, ensuring all safety, hygiene, and allergy protocols are strictly followed and met.

Flying Start Nurseries have always worked hard to balance fees whilst striving to pay staff a fair wage and give children the best start in their learning journey. From April 2025, to remain sustainable in business the company have had to introduce a 'meals, snacks and consumable charge' in light of current economic conditions.

We hope all parents will agree to support Flying Start Nurseries in remaining financially stable and able to offer excellent nursery provision to children across Cornwall and Plymouth.

Any family can opt out but must comply in full with our Opt-Out Policy to ensure the safety of others. Non-compliance is set out in section 5.

If customers choose to 'opt-out' this policy applies to **all** sessions booked for their child (funded and privately paid).

1. Opt Out Consumables

Parents/Guardians who choose to opt out of meals, snacks and consumable charges must provide the following daily:

- A healthy packed lunch when the child attends at lunchtime (midday), compliant with the allergen and nutrition guidelines in section 2 (below)
- Daily snack/s when the child attends at relevant snack time (10am & 3pm), compliant with the allergen and nutrition guidelines in section 2 (below)
- Personal care items as set out below in section 3 of this policy:
 - Suncream
 - Wet wipes
 - Nappy barrier cream
 - Tissues
 - Toothbrush and children's toothpaste
 - Sunhat
 - Waterproofs or Puddle Suit
 - Wellington Boots

2. Packed Lunch & Snack Requirements

Where a Parent/Guardian opts out of the meals, snacks and consumable charge they must supply a packed lunch that complies with the following requirements:

- Provide a starter of vegetable/fruit/bread sticks and an optional dip
- Provide a healthy and nutritious main meal, mindful that packed lunches should be based on the Eatwell Plate model (if over aged 2) which identifies the portions of the main food groups required. A packed lunch to be consumed at nursery must include:
 - 2 portions of starchy foods (wholegrains advised)
 - 1 portion of fresh fruit
 - 1 portion of vegetables/salad (can be included in the starter)
 - 1 portion of dairy foods (or dairy alternatives to provide calcium)
 - 1 portion of meat/fish/beans/eggs/pulses (oily fish advised once per fortnight)

A healthy packed lunch handout is available to support compliance linked to the Eatwell Plate model the NHS promote. <https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

- **No nuts** or nut-based products (e.g., peanut butter, Nutella) may be included
- All other **major allergens** as identified by the nursery must be avoided – this will be specific to your child's nursery setting and can include sesame / shellfish / tomatoes etc.

- No fizzy drinks, sweets, or high-sugar snacks are allowed – this includes all foods identified as RED for sugar on the traffic light system or any items containing chocolate
- No crisps or high salt options

Further information and guidance for creating healthy balanced meals can be found at:

https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

All lunchboxes must be:

- Clearly labelled with the child's full name
- Sent in an insulated container with an ice pack – please be aware the nursery setting does not have storage capacity for lunch boxes in refrigerators
- All major allergens must be identified and recorded, clearly visible on the outside of the lunchbox – <https://www.food.gov.uk/sites/default/files/media/document/top-allergy-types.pdf> identifies the 14 major allergens that must be recorded and where specified avoided completely.
- All food must be cut up safely to minimise the risk of choking – this means all items cut into the baton shape and where not possible cut in half or quarters lengthways (e.g. grapes)
- Food must be sent in sealed containers – no additional packaging

Where a Parent/Guardian opts out of the meals, snacks and consumable charge they must supply a snack in line with the below guidance:

- Whole piece of washed fresh fruit (morning snack)
- An afternoon snack containing 1 portion of starchy carbohydrate (wholegrain recommended), 1 portion of fruit/vegetables, and optional portion of protein

Our curriculum includes the children preparing and cooking their own lunches and snacks as part of our 'Grow It Cook It Eat It' curriculum, unfortunately, if your child is bringing their own lunch and snacks they will not be able to take part in this part of the nursery day and will be offered alternative healthy mover's activities.

3. Personal Care Items

Parents / Guardians opting out of provided personal care items must provide the below daily.

- **Suncream** SPF 30+, safe for children
- **Fragrance-free water based wet wipes**
- **Nappy barrier cream (Sudocream or Vaseline)**
- **Tissues (pack of)**
- **Toothbrush and toothpaste** – toothbrush must be replaced termly in line with setting procedures.
- **Sunhat** sun safe- bucket shaped or legionnaire – guidance can be found from SunSmart: <https://www.sunsmart.com.au/downloads/resources/info-sheets/sun-protective-hats-info-sheet.pdf>
- **Waterproofs or Puddle Suit**
- **Wellington Boots**

4. Opt-Out Agreement

To officially opt out, Parents/Guardians must:

1. Formally opt out by emailing their nursery setting, asking to remove meals, snacks and consumable charges – this will take effect from the 1st of the following month. Meals, snacks and consumable charges before the 1st of the next month must be paid, or notification of non-attendance during this period, where the charge will be removed from the current invoice, but any booked childcare must still be paid for.
2. Acknowledge understanding of:
 - The allergen restrictions and any changes introduced by Flying Start Nurseries or regulatory bodies
 - Nursery's right to refuse certain items if deemed not in compliance with this policy

3. Provide all items listed in this policy daily, allowing time for items to be checked by Senior Staff member on admittance for nursery session.

5. Non-Compliance

Failure to meet the above standards will result in:

- The nursery providing consumables required at the cost of £20 for the child to stay in setting for that day or childcare cannot be provided.
- Follow-up discussions with management to ensure safety for children and ongoing compliance, where the nursery deem necessary.

6. Review and Monitoring

This policy is reviewed annually or as needed in response to:

- Updated allergy risk assessments
- Government (nutrition or safeguarding) guidelines
- Individual child health plans

October 2025