

'So in everything, do to others what you would have them do to you.'
Matthew 7:12



Packed Lunch Policy

Aim:

All packed lunches brought into school are packed safely, are healthy, (based on the national standards set for school lunches) and consumed around a positive dining experience.

Rationale:

We have been monitoring the packed lunches in school along with the healthy school dinners, salad and fruit options. Through discussions we have noticed that the majority of lunch boxes are well balanced and we all like a sweet treat! We have put together a packed lunch policy that we would like all our families to take notice of, if we make small changes we can develop healthier lifestyles.

Our School:

- Pupils in Reception and Key Stage One will be supported to take up their Universal Infant Free School Meal entitlement.
- We will provide a safe, clean environment for pupils to eat their packed lunch.
- We will store packed lunches in a cool, dry place.
- We will allow pupils on packed lunches and school dinners to sit together.
- We will provide free drinking water for pupils on packed lunches.
- Pupils on packed lunches with food allergies and intolerances will be supported by lunchtime supervisors.

Packed lunches should include these items every day:

- Energy food - choose wholegrain varieties like bread, pasta, couscous, rice, chapattis and wraps.
- Protein food - like meat, fish, dairy, eggs, lentils and beans.
- At least 1 or more portions of vegetables and salad.
- 1 portion of fruit.
- A dairy food - like milk, cheese, yoghurt, custard or calcium-enriched plant-based dairy alternative.
- A drink of water, milk or fruit juice.

Packed lunches can occasionally include:

(approx. once per week)

- Meat based food items like sausage rolls and pies.
- Cakes and biscuits.

- Crisps
- Flapjacks, chocolate bars

Packed lunches should not include:

- Snacks high in salt - instead include plain popcorn, vegetable sticks, seeds, savoury crackers or breadsticks.
- Confectionery like sweets - instead include fruit, flapjack.
- Soft drinks - fizzy drinks, squash (those labelled no-added sugar or sugar free contain harmful sweeteners and encourage a taste for sweet food and drinks).
 - **No Nuts or nut products should be in our packed lunchboxes this includes Nutella products.**
 - No Lollipops in lunchboxes

Assessment and review:

- We will aim to carry out an annual lunch box audit..
- The packed lunch policy will be accessible on the school website and shared with parents. If parents are struggling to create a healthier lunchbox, we are happy to have a discussion with parents to offer support.

A note on sustainability:

Sustainable food nourishes both our health and the environment. There are some simple things we can all do to make what's on our plate, or in our packed lunch, more sustainable. We would like to encourage you to include using less single-use packaging and encourage your child to try health and delicious meat alternative ideas or have a meat free lunchbox one day a week.

Useful links for further information:

- [School food standards: resources for schools - GOV.UK \(www.gov.uk\)](http://www.gov.uk)
- [Lunchbox ideas and recipes - Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [What is sustainable food? | Sustain \(sustainweb.org\)](http://sustainweb.org)

Date policy approved: 15 September 2026

Review date: 14 September 2027