Packed Lunch Policy

UN Convention of the Rights of the Child
Article 24: Every child has the right to be healthy, have nutritious food, clean water, a clean environment and good quality health care.

Policy adopted	November 2025
Policy due for review	November 2027

Aim of the policy:

- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to the food served in school, which is required to meet national standards.
- To make a positive contribution to children's health by encouraging healthy eating habits.

The packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

The Policy:

- The school will provide appropriate & attractive facilities for pupils eating packed lunches.
- The school will ensure that fresh drinking water is readily available.
- The school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible, marked with the child's name and class.
- The school will enable pupils eating packed lunches and pupils eating school lunches to sit together.
- Wherever possible all uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day. Fruit & vegetables should be cut into appropriate sizes and grapes cut in half.
- Meat, fish, eggs or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- Starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, fruit juice, milk, yogurt or milk drinks and smoothies to drink. (low sugar options)

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages
- Plain cake or biscuit.

The following foods are <u>not</u> allowed as part of a packed lunch:

- Nuts of any kind, this includes peanut butter & Nutella
- Chocolate spread
- Crisps or other salty snacks
    - Instead try seeds, savoury crackers or breadsticks
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets

- Fizzy/sugary drinks – this includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.

Special diets and allergies
The school recognises that some pupils may require special diets for medical reasons that do not allow for the standards to be met exactly. In this case we would ask that you speak to our Welfare Officer Mrs Celi so that a health care plan can be put in place.

Assessment, evaluation and reviewing:
- Packed lunches will be regularly reviewed by teaching staff and meal time supervisors
- Healthy lunches will be rewarded by stickers
- A note will be placed in any lunchbox which does not conform to the policy informing the parent.
- If a child continues to bring in items which are not permitted in a packed lunch, the item will be taken away and replaced with a piece of fruit and the parents informed. The parent will be able to collect the item at the end of the day.

Involvement of parents/carers:
- All primary school pupils in Reception to year 6, are entitled to a free school meal under the government's Universal Free School Meal Scheme. The school encourages all parents to make use of this service. However, parents of pupils wishing to have a packed lunch are expected to provide a packed lunch that conforms to the packed lunch policy.
- The children's food trust have a range of suggestions for healthy packed lunches, please visit their website: http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/schools-resources a link is also available from the school website.

Dissemination of the policy:
- The school will inform all current parents of the policy via the school newsletter, copies will be sent home to children who regularly bring a packed lunch to school.
- The policy will be available on the school's website.
- All school staff, including catering staff, will be informed of this policy and will support its implementation.

Policy review:
- This policy will be reviewed as part of the school's agreed policy to review process. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended.

Lunch box ideas

Tummy-fillers	Five-a-day options	Good for growing bones	Snacks	Thirst-quenchers
Sandwich or wrap Wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap, croissant or crackers. **See below for filling ideas.***	Any combination of: raisins, pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes.	Fruit yoghurt, fromage frais or dairy-free alternatives.	Hard boiled egg, scotch/savoury egg, mini sausages, falafel etc.	Water
Savoury muffin or scone, crepe/pancake, potato cake	Whole fruit – Satsuma, apple, banana, pear, peach, plum, grapes (cut in half)	Cold rice pudding or custard	Cubes of cheese, pre-packed lunchbox size cheese portions.	
Pasta, rice salad, cous cous, potato salad, tabbouleh.	Fruit salad pot – any combination or prepared fruit (strawberries, orange, melon, kiwi etc.), homemade fruit puree/apple sauce, or fruit jelly made with fruit pieces and pure fruit juice.	Greek or plain yoghurt	Malt loaf, scone, cookie, biscuits, flapjack, shortbread, cake.	
Quiche, mini quiche or frittata	Salad pot – any combination of prepared raw vegetables (cucumber, pepper, celery, cherry tomatoes, carrot, mangetout, coleslaw.	Cheese portion, cottage cheese	Crackers, crisp bread, oatcakes,	Pure fruit juice or juice drink.
Pizza slice, sausage roll, mini pasty, cheese and potato roll, samosa, pakora, spring roll		Dips; humous, tzatziki, raita, cream cheese and plain yogurt	Rice cakes, cheesy biscuits, savoury flapjack, breadsticks, home-made popcorn etc.	Well diluted high juice squash.



Meat – wafer thin cooked meats, cubed chicken/turkey breast with tomato and lettuce, ham and cheese, roast chicken & hummus, left over cold meats (chicken, turkey, meatloaf, sausages etc) with salad, chicken and mashed avocado, cold bacon, lettuce & tomato.
Fish – tuna mayonnaise & sweetcorn, tuna salad, sardine and tomato, fish paste and cucumber.
Vegetarian – grated cheese, cheese spread, cream cheese, Quorn slices and salad, cottage cheese and pineapple, cheese and grated carrot with a little mayonnaise, vegetarian sausages, vegetarian paté with cucumber, cheese and coleslaw, egg salad/egg mayonnasie, cheese and pickle.