



Packed Lunch Policy

To be read in conjunction with the school's Packed Lunch Risk Assessment

Signed:	
	Scott Metcalfe - Chair of Governors

Signed:	
	David Walton-Jonas - Headteacher

Reviewed – September 2025	Next Review – September 2027
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Our Mission Statement

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Rationale

To make a positive contribution to children's health and well being

To encourage happier and calmer children and young people

To promote consistency between packed lunches and food provided by schools

National guidance

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005)

Where, when and to whom the policy applies:

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school.

Packed Lunches

Children are expected to eat the lunch provided by the school. However, parents of children wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to this policy.

Parents and carers are respectfully requested to consider the following criteria regarding lunch arrangements very carefully:

- the school must be informed whether a child is to take either a cooked school lunch or a packed lunch.
- packed lunches must be carried in a light, portable, unbreakable container.
the child's name must be clearly written on the outside of the container
- no cans, glass bottles, glasses or glass containers are allowed

Points to consider

- the school will provide facilities for children bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- the school also encourages children to bring in fruit from home to be consumed during morning playtime
- as fridge space is not available in school, children are advised to bring packed lunches in insulated bags with freezer blocks (or frozen bottled water) where possible to avoid food poisoning
- due to space within school, children consuming packed lunches and those preferring to take a meal from school will sit in the classrooms
- the school will provide a rubbish bin for empty food containers e.g. yoghurt cartons
- children eating a packed lunch must only consume what is brought in and prepared from their home. Children are not allowed to swap food.

School recommendations for packed lunches include:

- at least one portion of fruit and one portion of vegetables every day
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, and hummus) every day
- oily fish, such as salmon, at least once every three weeks
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as milk, cheese, yoghurt, fromage frais, or custard every day
- water (still or sparkling), fruit juice, milk and smoothies

Packed lunches should not include:

- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and plain biscuits are allowed but encourage your child to eat these only as part of a balanced meal
- fizzy drinks or cans of pop
- excessive amounts of pastry, sausage rolls, individual pies, processed meat or sausage. Such items should only be included occasionally

Please visit www.schoolfoodtrust.org.uk for more information.

Dissemination of this policy:

The school will inform parents/carers about the policy on joining the school, via the school prospectus.

This policy will be available on the school's website and will be incorporated into the school prospectus.

The school will use teaching opportunities to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

We will monitor our progress and review this policy bi-annually.

Person Responsible: Headteacher

The Co-ordinator will liaise with class teachers to support, assist and guide planning, advise on approaches, recommend and organise resources and evaluate the provision and outcomes.

The Governing Body and the policy:

The Governing Body is responsible for approving and adopting school policies following the consultation process.

The Governing Body will receive updates from the Headteacher in respect of the provision for Healthy Packed Lunches.

These updates will give governors information upon which they can evaluate the effectiveness of the school's provision.