



Packed Lunch Policy

MISSION STATEMENT

Together in God's loving family,
we believe, we learn, we grow.

This revision completed during:	January 2026
Date of next revision:	January 2028

Packed Lunch Policy

Aims

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 that is served in schools, which is now regulated by national standards.

Where, when and to whom the Policy Applies:

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and Drink in Packed Lunches: What the Policy states

The school will provide storage facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.

The school will provide appropriate dining room arrangements for packed lunches.

The school will work with parents to ensure that packed lunches abide by the standards listed below.

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to ensure the food is safe to eat.

Break Time Snack

A healthy snack which can include a piece of fruit, plain biscuit (no chocolate-coated biscuits), savoury crackers, bread sticks or a cereal bar (no nuts). Chocolate, crisps or popcorn are not permitted for break times.

Packed lunches should include:

At least one portion of fruit and/or one portion of vegetables every day.

Meat, fish or other source of non-dairy protein (eg. lentils, kidney beans, chickpeas, hummus and falafel) 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.

Only water or fruit juice.

Snacks such as crisps can be included in moderation in the main packed lunch and be of a more healthy option, e.g. baked low salt, low fat. Try and include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

Cakes and biscuits are allowed, but encourage your child to eat these as part of a balanced meal. Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included.

Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally (once a week as a guideline).

Special Diets

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also not permitted to swap food items.

Parents, staff and visitors to the school are reminded that we have a number of children with severe nut allergies and that we insist **no nuts or nut products** are brought into school either in lunch boxes, for snack times or for any other reason.

Assessment, evaluation and reviewing:

Packed lunches will be monitored in line with the policy by senior staff.

For packed lunches which frequently do not adhere to the policy then the school will contact the parents to offer advice in line with the policy.

At no time will food be taken out of lunch boxes as part of the monitoring process.

Please note, pupils with special diets will be given due consideration as stated above.

Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep parents informed as per the methods detailed below under "Dissemination of the Policy".

Dissemination of the Policy:

The school will write to all new and existing parents/carers to inform them of the policy.

The policy will be available on the school's website.

The school will use opportunities such as Healthy Living weeks 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.