



Healthy Packed Lunch Policy

Written: March 2023

To be reviewed: September 2025

Overall aim of the policy

Our aim is 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.

This policy has been developed by staff at Field Place Infant School and was formulated to:

- Make a positive contribution to children's health.
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government.

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from April 2023.

Food and drink in packed lunches.

The policy states that;

- The school will provide 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.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks, where possible, to stop the food going off.
- The school will work with parents to advise that packed lunches follow the list below.

Packed lunches should ideally include;

- At least one portion of fruit and one portion of vegetables
e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, melon cubes.
- Meat, fish or other source of non-dairy protein e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas).
- A starchy food e.g. bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy food e.g. milk, cheese, yoghurt or fromage frais.

- A drink of either water fruit juice, milk, yoghurt drink or smoothie. If you include a carton of fruit juice, keep it in the freezer until the morning before it will be drunk. Then put it directly in the lunch box - it will have thawed by lunchtime and kept the rest of the food cool.

Our alternative suggestions to snacks such as daily crisps include;

- Savoury crackers, rice cakes or breadsticks served with a dip.
- Vegetables and fruit.
- Cereal bars.
- Dried fruit.

Our alternative suggestions to snacks such as chocolate bars include;

- Sugar free jellies with fruit.
- Cakes and chocolate biscuits in moderation, for example penguins or two finger kit kat size bars.
- Fruit, vegetables.
- High fat meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally.

Items not permitted in lunchboxes:

- Sugary or Fizzy drinks
- Sweets
- Bars of chocolate
 - *Nuts or foods such as peanut butter and chocolate spreads that contain nuts.*

Special diets and allergies.

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are to be responsible for ensuring that packed lunches are as healthy as possible. For this reason, pupils are also not permitted to swap food items. Please note we are a nut free school and children must not have any nuts or nut products in their packed lunch. This includes no chocolate spreads that may contain nuts.

Assessment, evaluation and reviewing

Dinner supervisors and other school staff supervise children eating their lunch and interact with them praising healthy choices etc. If we have any concerns about items in your child's lunch box, other than nut products, we will contact you after school to discuss possible future alternatives. *If, however, your child has nut products they will not be allowed to consume them at school. We will notify you immediately if this happens so you can provide a replacement if you feel it is needed.*

Dissemination of the policy:

The policy is available on the school's website; 'Healthy Eating' tab. On that page there are links to ideas for healthy packed lunch foods.

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

Staff members responsible for Implementation and review: Head teacher and SLT