

Packed Lunch Guidance



Children who do not wish to have a school meal may bring a packed lunch. Please include food you know your child enjoys. We send lunch boxes home with all the cartons, wrappings and peel etc to help parents monitor how much their child is eating.

Building a healthy packed lunch

We encourage packed lunches to mirror the national school food standards so that children have a balanced and nourishing midday meal. A good packed lunch will usually include:

- **Fruit and vegetables** (one portion of each where possible)
- **A starchy food** such as bread, wraps, pasta, rice or potatoes
- **A source of protein** like lean meat, fish, eggs, beans, lentils or hummus
- **Dairy or a dairy alternative**, for example cheese or yoghurt
- **A drink**, ideally water, milk or a low-sugar option

Foods we do not allow

To support healthy choices and keep everyone safe, the following items should **not** be included in packed lunches:

- Fizzy drinks or energy drinks
- Sweets (e.g. Haribo)

Foods to limit

Some foods are best enjoyed in moderation such as:

- Small chocolate bars
- Cakes and biscuits
- Crisps or high-salt snacks
- Highly processed foods

Break time snacks

Children may bring a **small fruit or vegetable snack** to eat at morning break.

Sweets, chocolate, crisps, cereal bars, crackers, cheese and meat snacks (such as peperamis and cheese strings) are not allowed at break time. As with packed lunches, **nuts or nut products should not be brought into school.**

Children in **Reception and Key Stage 1** are also provided with a **piece of fruit each afternoon as part of the school fruit scheme**, so they do not need to bring an additional snack for that time.

Food safety

Parents and carers are responsible for packing lunches safely. We recommend using an **insulated lunch bag with an ice pack** to keep food fresh. Please make sure lunch boxes and containers are **clearly labelled**. Unfortunately, the school is **not able to refrigerate or reheat** packed lunches.

Allergies and medical needs

We are an **allergy-aware school**, and we currently have several children with severe **nut allergies**, so **nuts and nut products are not permitted in packed lunches**. This includes products such as chocolate spread which often also contain nuts.

If your child has a food allergy or medical dietary need, please inform the school so we can ensure the correct support is in place. In some situations, other foods may also need to be restricted in particular classes or across the school to keep pupils safe.

Working together

Staff may occasionally check packed lunches to ensure they follow the guidance. If there are concerns, we will always contact parents to discuss them in a **supportive and helpful way**. Our aim is to work together to encourage healthy habits.

We also recognise that families have **different cultural, religious and dietary practices**, and this guidance will always be applied with understanding and sensitivity.