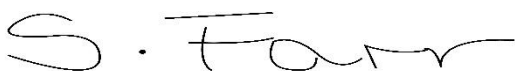





# Packed Lunch Policy

<p><b>Policy Review Details</b>          This review date is a guideline only and if circumstances or recommendations change then the policy will be reviewed and amended as appropriate.</p>	
<p><b>This policy will be reviewed by the Board of Governors on a 2 yearly basis</b></p>	
<p><b>Date of Issue: Spring 2026</b></p>	
	
<p><b>Chair of Governors Signature</b></p>	<p><b>Headteacher Signature</b></p>
<p><b>Date of next review: Spring 2028</b></p>	



## 1. Aims

Our school is committed to supporting children's health, safety and wellbeing. This policy aims to:

- Encourage healthy, balanced packed lunches
- Promote safe eating practices
- Support children's ability to learn and concentrate during the school day

## 2. Healthy Packed Lunches

We ask parents and carers to provide packed lunches that reflect healthy eating guidance and support children's growth and development.

A healthy packed lunch should include:

- **Fruit and/or vegetables** (fresh, chopped, or dried)
- **Starchy foods** such as wholemeal bread, wraps, rice, pasta or potatoes
- **Protein** such as lean meat, fish, eggs, beans, pulses or dairy foods
- **Dairy or dairy alternatives** (e.g. cheese, yogurt)

## 3. Foods to Limit or Avoid

The following items are not suitable for school packed lunches:

- Sweets, chocolate bars and confectionery
- Crisps and savoury snacks high in salt or fat
- Cakes and biscuits (except on special occasions, at the school's discretion)
- Fizzy drinks, energy drinks or drinks with added sugar

Children should bring **plain water, juice or milk only**.

## 4. Food Safety

For children's safety:

- **Grapes, cherry tomatoes, olives and similar small round foods must be cut in half lengthways** to reduce the risk of choking.

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- Lunchboxes should include an ice pack if they contain foods that need to be kept cool.

Packed lunches that contain whole grapes will be returned home uneaten.

## 5. Allergies

To protect pupils with severe allergies:

- The school is a **nut-free environment**. Please do not include nuts or nut-containing products in packed lunches.
- We ask families to be mindful of other allergies as communicated by the school.

## 6. Monitoring and Support

School staff may:

- Supervise packed lunches and encourage healthy choices
- Speak with pupils and parents if lunchboxes regularly do not meet this policy

We aim to work in partnership with families and will always take a supportive, educational approach.