'In God's hands, we place ourselves and with the strength He gives us, we love, live and learn together.'

"We can do all things through Christ who strengthens us"
Philippians 4:13

Packed Lunch 2026-2027

Aim:

All packed lunches brought into school are packed safely, are healthy, (based on the national standards set for school lunches) and consumed around a positive dining experience.

Rationale:

Although staff do not monitor the contents of children's packed lunches, we do encourage healthy eating and discuss this as part of our PSHE curriculum. We want children to develop life long habits which includes healthy food and drink choices.

Our School:

- Pupils in Reception and Key Stage One will be supported to take up their Universal Infant Free School Meal entitlement.

- We will provide a safe, clean environment for pupils to eat their packed lunch.
- We will store packed lunches in a suitable place.
- We will allow pupils on packed lunches and school dinners to sit together.
- We will provide free drinking water for pupils on packed lunches if they do not bring their own drink.
- Pupils on packed lunches with food allergies and intolerances will be supported by lunchtime staff.

Packed lunches should include these items every day:

- Energy food – choose wholegrain varieties like bread, pasta, couscous, rice, chapattis and wraps.
- Protein food - like meat, fish, dairy, eggs, lentils and beans.
- At least 1 or more portions of vegetables and salad.
- 1 portion of fruit.
- A dairy food – like milk, cheese, yoghurt, custard or calcium-enriched plant-based dairy alternative.
- A drink of water, milk or fruit juice.

Packed lunches can occasionally include:

(approx. once per week)

- Meat based food items like sausage rolls and pies.
- Cakes and biscuits.

Packed lunches should not include:

- Snacks high in salt like crisps – instead include vegetable sticks, seeds, savoury crackers or breadsticks.
- Confectionery like sweets, chocolate bars – instead include fruit, flapjack.
- Soft drinks – fizzy drinks, squash (those labelled no-added sugar or sugar free contain harmful sweeteners and encourage a taste for sweet food and drinks).

Assessment and review:

- The packed lunch policy will be reviewed annually.
- The policy will be sent home on Dojo at the start of a new school year. The policy will also be on the website.

A note on sustainability:

Sustainable food nourishes both our health and the environment. There are some simple things we can all do to make what is on our plate, or in our packed lunch, more sustainable. See the Food for Life Packed Lunch Guidance resource for top tips on incorporating sustainability into lunchboxes, including using less single-use packaging, and trying healthy and delicious meat alternative ideas.

Useful links for further information:

- Food for Life Packed Lunch Guidance resource
- School food standards: resources for schools - GOV.UK (www.gov.uk)
- Lunchbox ideas and recipes – Healthier Families - NHS (www.nhs.uk)
- What is sustainable food? | Sustain (sustainweb.org)

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