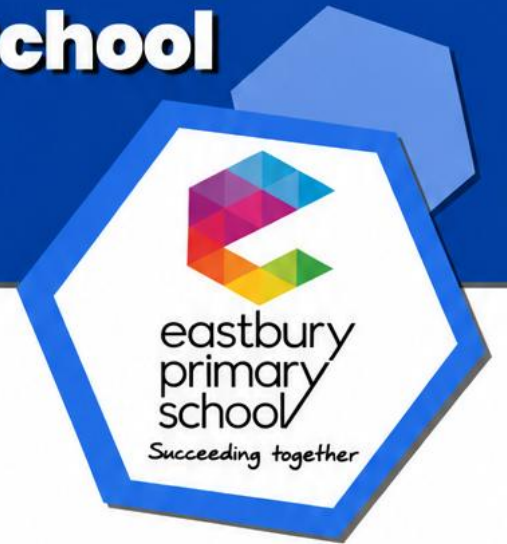


Eastbury Primary School

Mr. J. Smith

Head Teacher



Healthy Packed Lunch and Snacks Policy

September 2026

Updated by S.Akram



office@eps.barking-dagenham.sch.uk

0208 477 9910

www.eps.barking-dagenham.sch.uk

1. AIMS

At Eastbury Primary School, we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

Aims:

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote the School Food Trust guidelines and national standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation

2. PACKED LUNCH GUIDELINES

The following guidelines for lunchbox contents comes from the statutory guidelines for school provided meals. This ensures equality of entitlement for all children.

Packed lunches should provide children with a balanced meal. We recommend that packed lunches include a selection of the following:

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable
- A portion of dairy food e.g. yoghurt.
- A bottle of water
- Cereal bars – CHOCOLATE AND NUT FREE
- One packet of crisps or cake bar (No Chocolate or Nuts) – This is equivalent to a school meal dessert and should be no more than around 30g in size
- Warm vegetarian starchy foods (not soups) in a temperature-controlled container (i.e. thermos)

The following items are not permitted in packed lunches:

- Chocolate spread
- Chocolate bars
- Biscuits
- Sweets
- Fizzy drinks

We recommend sending lunch boxes with a cold pack or frozen bottle of water inside in hot weather to prevent spoiling as we do not have refrigerated storage for lunches.

PLEASE DO NOT SEND YOUR CHILD WITH NUTS OR FOOD CONTAINING NUTS AS WE HAVE A NUMBER OF CHILDREN WITH SEVERE ALLERGIES

We fully respect individual parent's food choices for their children and understand that there are many different needs and tastes. However, if lunchbox contents regularly fall short of the expectations in this policy we will send a reminder home to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

PLEASE NOTE: If a child brings an item that is not permitted under this policy, the item may be removed and taken to the school office. Parents/carers will be informed and it will be their responsibility to collect the item from the school office. Any uncollected items will be disposed of after two working days.

Children will always be provided with sufficient food at lunchtime. If, following the removal of items that are not permitted, a child does not have sufficient appropriate food in their packed lunch, they will be offered a school meal.

Items containing nuts or nut products will be removed immediately because of the potentially serious risk to children and adults with allergies.

Where a child repeatedly brings food that does not meet the expectations of this policy, the school will contact the parent/carer directly.

3. BREAK TIME SNACKS

If your child wishes to bring their own break time snack from home, it must be a healthy snack. Healthy snacks can include:

- Fruit
- Vegetables
- Yoghurt tubes/pouches
- Dried fruits
- Cereal bars – CHOCOLATE AND NUT FREE
- Crackers

4. Medical & Dietary Needs

We recognise that some children may have medical or additional dietary needs which mean that they need to eat foods that would otherwise not be permitted under this policy. Where this is the case, parents/carers should provide the school with appropriate medical evidence so that an individualised plan can be agreed to meet their child's needs. Once agreed, staff will be made aware of any necessary reasonable adjustments to this policy.

Parents/carers should contact the school before sending in an item that would otherwise be prohibited under this policy.

5. MONITORING ARRANGEMENTS & POLICY LINKS

This policy will be reviewed every year by a member of the Senior Leadership Team. At every review, the policy will be shared with the full governing board.

This policy links to the following policies and procedures:

Whole School Food Policy

6. RELEVANT GOVERNMENT LEGISLATION AND GUIDANCE

This departmental advice relates to the following legislation:

- Sections 512, 512ZA, 512ZB, 512A, 512B and 533 of the [Education Act 1996](#), as amended
- Section 114A of the [School Standards and Framework Act 1998](#)
- 2014 No. 1603 Education, England [The requirements for School Food Regulations 2014](#)

The following guidance has informed all decisions made above

- <https://www.gov.uk/government/publications/schoolfood-standards-resources-for-schools/school-foodstandards-practical-guide>
- <https://www.gov.uk/government/publications/schoolfood-standards-resources-for-schools/allergyguidance-for-schools>
- [https://assets.publishing.service.gov.uk/media/68416b27578282a4b102c065/Free school meals -
_guidance for local authorities maintained schools
academies and free schools.pdf](https://assets.publishing.service.gov.uk/media/68416b27578282a4b102c065/Free_school_meals_-_guidance_for_local_authorities_maintained_schools_academies_and_free_schools.pdf)
- [https://www.legislation.gov.uk/uksi/2014/1603/conten
ts/made](https://www.legislation.gov.uk/uksi/2014/1603/contents/made)