



Sacred Heart Primary School

Packed Lunch Policy



Policy Rational

This policy is part of our whole school food policy, and aims to give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch.

We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

The policy applies to all packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to packed lunches provided by the school.

A nutritious lunch helps keep children energised, focused and ready to learn.

Content of Packed Lunches

Foods to include:-

We ask that all packed lunches be based on the School Food Trust's food-based standards for packed lunches and should include the following:

- Fruit and Vegetables for vitamins and minerals; at least one portion of fruit and one portion of vegetables. Fresh fruits for example apple slices, banana, grapes- quarters, berries. Vegetables- carrot sticks, cucumber slices, cherry tomatoes- quarters, pepper strips.
- Protein for growth and development; lean meats such as chicken or turkey, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal) • Oily Fish; such as tinned or fresh mackerel, sardines, salmon, tuna
- Carbohydrate for energy; starchy food such as wholegrain bread, pasta, rice, couscous, noodles, potatoes, chapattis, pittas, bagels and roti.
- Dairy for calcium; food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- Drinks; water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies. NO FIZZY DRINKS
- Puddings; should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

Foods to avoid or limit:-

- Crisps, cakes and plain biscuits
- Meat products such as sausage rolls, individual pies, corned meat and sausages

These items should be included in packed lunches no more than once per week.

Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionery such as chocolate bars and sweets
- Chocolate spread as sandwich filling
- Peanuts and other nut products

To keep all children safe during lunchtime, please do not include the following foods in your child's packed lunch. These items are either choking hazards or not allowed due to allergies:

- All nuts and nut products – *We are a nut-free school due to severe allergies. Please check labels carefully to avoid peanut butter, Nutella, trail mixes, or any nut-containing snacks.*
- Hard candies, lollipops, or chewing gum
- Seeds (e.g., sunflower seeds, pumpkin seeds)
- Popcorn
- Marshmallows

Safe preparation of foods

- Grapes and cherry tomatoes cut into quarters
- Cut foods into small, bite-sized pieces.
- Always double-check that your child's lunch is nut-free before sending it to school.

Special diets and allergies

We ask that parents/carers be aware of nut allergies. The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed Lunch Containers

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

Staff To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

Facilities for packed lunches

We will:-

- Provide appropriate facilities to store packed lunches
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches.

If a lunch is not deemed to meet nutritional standards parents will be advised on the changes that need to be made. Any sweets or fizzy drinks will be confiscated until the end of the day. These may be substituted with a piece of fruit and alternative drink.

Working with parents and carers

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches if required.

Policy Review

This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.