

PRIMARY HEALTHY LUNCH POLICY

KBA Policy 2025/26

Overall aim of the policy

To ensure that packed lunches brought from home and consumed in school (or on school trips) provide the pupil with a healthy, nutritious and balanced diet.

Why the policy was formulated

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and The School Food Trust which encourages healthy eating. The trust recommends we have a policy and this one is based on their model.

Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and behave better.

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of “complex carbohydrates” such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit www.schoolfoodtrust.org.uk for more information

Where, when and to whom the policy applies

To all pupils and parents/carers providing packed lunches to be eaten within school or on school trips during normal school hours from September 2018.

The policy:

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is always readily available.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep the food cool.

- Children must only eat their own food and not other children's. Nut or nut products are not permitted.

Special Diets /Allergies

The school recognises that some pupils may have verified medical conditions requiring special diets or cultural/religious beliefs which may impact on diet. These may not allow for the standards to be met exactly. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible

Please note, for the reasons stated above pupils are:

- not permitted to swap food items.
- not permitted to bring nuts and nut products in packed lunchboxes.

As a school, there may be a rare occasion where we treat the children, but this will be in moderation.

Children are more than welcome to bring in treats for their friends on their birthday, but we will ask children to bring them home rather than eat them in school. Please ensure that no nut products are brought in to school.

Policy Guidance

Snack for break time can include	<p>Fresh fruit or vegetables (EYFS and KS1 are provided this free of charge everyday)</p> <p>Cheese</p> <p>Low fat yoghurt</p> <p>Cereal bars (not every day)</p>	<i>Where possible, please try to provide a snack that doesn't have any packaging. This way we can do our bit for the planet and help to keep our school tidy.</i>
	<p>At least one portion of fruit and/or vegetables every day.</p> <p>Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, wrap or salad).</p> <p>Oily fish, such as salmon or tuna occasionally.</p>	
Packed lunches <u>should</u> include:	<p>A starchy food such as brown/wholemeal bread, pasta, rice, noodles, potatoes or other type of cereals every day.</p> <p>Dairy food such as cheese, low fat yoghurt, fromage frais or custard.</p> <p>Water, semi-skimmed milk, smoothie or fresh juice (such as orange or apple)</p>	
Packed lunches <u>could</u> include these foods but not every day and only as part of a balanced meal:	<p>Buns (small brioche bun)</p> <p>Plain biscuits</p> <p>Cereal bars/Snack-a-Jacks</p>	
Packed lunches <u>should not</u> include:	<p>Chocolate covered confectionery and sweets.</p> <p>Fizzy drinks</p> <p>Snacks such as crisps.</p> <p>Meat and pastry products such as sausage rolls or pies.</p> <p>Nuts or nut products (although they can be healthy) because of the danger to other children with allergies.</p>	
Whilst we appreciate that all foods are ok in moderation, we will allow <u>one</u> of the following items as a treat on a <u>Friday</u>:	<p>A small chocolate biscuit or bar</p> <p>Crisps</p> <p>Small cake</p>	

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