

# Shine as Lights in the World



St. Michael's Woolmer Green C of E Primary School

## Packed Lunch Policy

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***Date of next review:***  
***Responsibility:***  
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## Contents

|                                                                                         |   |
|-----------------------------------------------------------------------------------------|---|
| Overall aim of the Policy .....                                                         | 2 |
| School setting.....                                                                     | 2 |
| How and why the policy was formulated .....                                             | 2 |
| We recommend that packed lunches should include only 4 items from the list below: ..... | 2 |
| Packed lunches can occasionally include:.....                                           | 2 |
| Packed lunches should not include:.....                                                 | 2 |
| Special diets and allergies: .....                                                      | 3 |
| Monitoring .....                                                                        | 3 |
| Involvement of parents/carers .....                                                     | 3 |
| Sharing the policy.....                                                                 | 3 |

### Overall aim of the Policy

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

### School setting

St. Michael's School wish to promote healthy lunches as part of their well-being and Healthy Schools ethos. We are also a **NUT FREE** zone due to pupil allergies.

### How and why the policy was formulated

The policy and any potential issues have been considered in consultation with parents, pupils and governors before.

The school has decided to introduce a packed lunch policy for the following reasons:

- To promote consistency between packed lunches and food provided by schools which must adhere to national school food standards
- To make a positive contribution to children's health
- To encourage a happier and calmer population of children.

Please visit [www.childrensfoodtrust.org.uk/schools/the-standards](http://www.childrensfoodtrust.org.uk/schools/the-standards) for more information.

The policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

- The school will provide appropriate facilities for pupils eating packed lunches and ensure that fresh drinking water is always available.
- The school will work with parents to encourage packed lunches to meet the standards listed below.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- The school will enable pupils eating packed lunches and pupils eating school lunches to sit together.

We recommend that packed lunches should include only 4 items from the list below:

- at least one portion of fruit and one portion of vegetables every day
- meat, fish eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel)
- oily fish, such as salmon
- a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard

Packed lunches can occasionally include:

- meat products such as sausage rolls, individual pies, corned meat and sausages
- cakes and biscuits, but encourage your child to eat these as part of a meal.

Packed lunches should not include:

- salty snacks or crisps – instead include vegetables and fruit with no added salt, sugar or fat
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets

- sugary soft drinks, such as squash and fizzy drinks (even if labelled as ‘sugar-free’, ‘no-added sugar’ or ‘reduced sugar’ as these drinks can contribute to tooth decay and provide little nutritional value).

#### Special diets and allergies:

The school is aware of food allergies, and has a procedure in place to manage food allergies and other special dietary requirements within school.

Visit [www.anaphylaxis.org.uk/schools/help-for-schools](http://www.anaphylaxis.org.uk/schools/help-for-schools) for information on managing allergies in schools and see our [Allergy Safety Policy](#) on our website.

#### Monitoring

Packed lunches will be regularly reviewed by teaching staff/catering staff/midday meal supervisors.

If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

#### Involvement of parents/carers

We encourage all children to eat school lunches. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our packed lunch policy.

#### Sharing the policy

The school will ensure that all parents/carers are aware of the policy e.g. by sharing information via the school newsletter, website, prospectus, in assemblies etc. The school will use opportunities such as parents’ evenings and healthy living weeks to promote this policy as part of a whole school approach to healthier eating. The policy will be shared with all school staff, including teaching and catering staff and the school nurse.