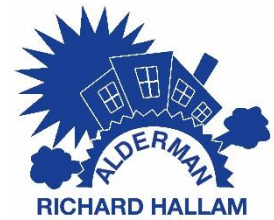


# **ALDERMAN RICHARD HALLAM PRIMARY SCHOOL**

**ARH – Educating a community of life-long learners**

## **Packed Lunch Policy**



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### **Overall aim of the policy:**

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

We are part of a Healthy Network party with two other schools and we want to support our families with ideas and ways to encourage a balanced diet at school. We conducted a whole school survey through parents and carers and also talked to the pupils in school to gain an insight into what they think should be included in a packed lunch. The aim of this policy is:

- To make a positive contribution to children's health.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government. Please visit [www.schoolfoodtrust.org.uk/nutrientstandards](http://www.schoolfoodtrust.org.uk/nutrientstandards) for more information.

This policy applies to all pupils, parents and carers providing packed lunches if they are to be consumed within school or on school trips during normal school hours.

### **National guidance:**

The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

### **Expectations:**

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents and carers 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 stop the food going off.
- We do not have the facilities to reheat food brought in from home so please ensure it is something that can be eaten at ambient temperature.
- Wherever possible, the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Packed lunches should ideally include:

- At least one portion of fruit and/or one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.

- Dairy food such as milk, cheese, yoghurt or fromage frais everyday
- Water, yoghurt or milk drinks and smoothies

Packed lunches should Ideally not include:

- Snacks such as crisps. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and fun size sweets. Treat size cakes and biscuits are allowed but please encourage your child to eat these only as part of a balanced meal.
- Anything containing nuts. We are a NUT FREE school and any items containing this will have to be removed from the child's packed lunch and handed back to parents and carers at the end of the school day. Please note, if we suspect an item may have nuts but we do not have an ingredient list on the packet, we will have to remove the item and had it back at the end of the day as well.

The school does not permit any type of chocolate spread as we cannot verify the ingredients and cannot guarantee they are nut-free.

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case, parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also not permitted to swap food items.

Please read in conjunction with the following policies:

- PSHE Policy
- Physical Intervention & Positive Handling Policy
- SEND Policy

*To be reviewed: September 2025*