



Heritage Coast Federation

Packed Lunch Guide



Reviewed by	Approved by	Date of Approval	Version Approved	Next Review Date
Helen Thompson	Governors	6.3.24	1	March 2026
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PACKED LUNCH GUIDANCE FOR PARENTS / CARERS

Introduction

All food and drink served in our school is now regulated by mandatory government standards that promote a balanced meal that meets children's nutritional needs. Full details of the standards can be found at www.schoolfoodtrust.org.uk

The aim of our packed lunch policy is...

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

Why are healthy packed lunches important?

Eating a healthy diet and exercising regularly can help children to stay a healthy weight as reflected in the Change 4 life message 'eat well, move more, live longer'.

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

A healthy packed lunch should be based on the four healthier food groups of the eatwell plate.



Rationale

- To make a positive contribution to children's health and well-being.
- To encourage happier and calmer children and young people.
- To promote consistency between packed lunches and food provided by schools

National guidance

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 20050

Where, when and to whom the policy applies:

To all pupils, parents and carers that provide packed lunches to be consumed within school or on school trips during normal school hours.

How will we support the policy?

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times. It is not essential to include a drink in packed lunches as water is provided.
- Where possible any uneaten food will be sent home, to communicate with parents what their child has not eaten.
- The school will work with the pupils to provide appropriate, attractive dining room arrangements.
- We will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- We will ensure we listen to parents views and ensure that the policy meets the needs of the children and their families.
- 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 keep food fresh and stop the food going off during the summer.

Packed lunches should include:

- at least one portion of fruit and 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
- oily fish, such as salmon, at least once every three weeks
- 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, fromage frais or custard everyday

Packed lunches should occasionally or not include

- meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas should be included only occasionally.
- confectionery such as chocolate bars and sweets. *Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.*
- drinks other than water – fresh water is available at all times so you do not need to include this
- snacks such as crisps or cheddars should only be included occasionally . Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food is also a good choice.

Special diets and allergies

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 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.

We request that items containing peanuts / nuts (including spreads) are not included in lunchboxes, due to the severity of allergic reactions they can cause some children within school.

How we will share our policy

All new and existing parents will be informed of the guidelines. It will be available on the school website and by request from the office.