Huby C of E Primary School

Packed Lunch Policy 2026-2027

Shining Together Through Curiosity, Connection and Courage.

Guided by Christian values, we inspire every child to let their light shine through a love of learning.

'Let your light shine for all to see' Matthew 5:16

Approved by:	**Full Governing Body**	**Date: November 2026**
Last reviewed on:	**December 2026**	
Next review due on or by:	**November 2027**	

Introduction

At Huby C of E Primary School, we are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle. This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day.

Government strategy outlines an expectation on all schools: To promote a culture of healthy eating the government now expects all schools, in consultation with parents, pupils and staff, to adopt whole school food policies. Schools are expected to develop healthy packed lunch policies so that those not yet taking up school lunches are also eating healthier. This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips. This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

Aims

This policy has been drawn up in consultation with parents, pupils, staff and governors with the following aims:

- To ensure the contents of lunchboxes reflect the requirements to meet minimum food and nutrition standards for school meals and to adhere to food safety preparation standards;
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood that can influence health and wellbeing in later life;
- To take a proactive approach to promoting healthy eating;
- To give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch;
- To equip pupils with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices based on their nutritional understanding;
- To ensure that all children have a healthy and nutritious midday meal that sustains and prepares them for their afternoon learning.

Food contained in a packed lunch

Parents/carers of pupils who do not have school meals are expected to provide their children with packed lunches that are consistent with the nutritional standards based on the EatWell plate model and the School Food Trust guidelines.

https://www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet/

The recommended contents of a healthy lunch box are (specific dietary requirements not withstanding):

- Fruit and vegetables; at least two portions of fruit or vegetables every day (a portion is the amount your child can fit into the palm of their hand). This could be fresh, dried or tinned fruit
- Carbohydrate; a starchy food every day such as bread, pasta, rice, couscous, noodles, potatoes, chapatis/roti, plain crackers, breadsticks, rice cakes
- Protein; meat, egg or other source of non-dairy protein such as lentils, kidney beans, chickpeas, hummus, dhal, falafel

- Dairy; every day such as milk, cheese, yoghurt, fromage-frais, custard or calcium fortified soya products - reduced fat if possible

- Drinks; (with no added sugar) such as pure fruit juice, semi-skimmed/skimmed milk, milk-based or yoghurt-based drinks, fruit smoothies

- A bottle of water; It is recognised that the concentration and behaviour of children improve when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage children to bring in water bottles daily. This is in addition to their packed lunch drink

- Dessert/pudding; such as a small cake, biscuit, cereal bar, fruit loaf/bun

- In addition, oily fish; tinned or fresh mackerel, sardines, salmon or tuna should be included at least once every three weeks

Packed Lunches should not include:

- Sweets/confectionery/chewing gum

- Fizzy or sugary drinks, or energy drinks

- No more than one dessert item per day

- We are a NutAware school and items containing nuts are not allowed in school, some children are allergic to nuts and they can cause a severe reaction even when in other pupils' lunches. Any items containing nuts will be removed and sent home at the end of the school day.

For a healthier snack

- Replace cakes and pastries with fruit bread or teacake

- Replace salted savoury snacks, such as crisps, with breadsticks, rice cakes, cheese and crackers or popcorn (not sweet or toffee)

- Include dried fruit or fruit salad

- Drink water, milk, 100% fruit juice, sparkling water, fruit smoothie, or yoghurt drink.

Special Diets and 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 inform the school and make their child's lunchbox as healthy as possible. For this reason, pupils are not permitted to swap food items.

Provision for Packed Lunches

School will provide dining room facilities where pupils can eat their lunches. School will ensure that fresh drinking water is always readily available.

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; bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

Fridge space for packed lunches is not available, so it is advisable to bring packed lunches in insulated bags with an ice pack to keep the food fresh.

Waste and disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

Curriculum

Whilst we fully respect individual food choices and understand that there are many different needs and tastes, we want to work with parents to educate children about healthy diet choices so that our children, through understanding a balanced diet, will develop a greater appreciation of a healthy lifestyle. The formal curriculum develops pupils' knowledge of healthy eating predominantly through PSHE, Science and Design Technology lessons.

EYFS

In the EYFS Statutory Framework, it states that "children in EYFS should be within sight and hearing of a member of staff whilst eating". This is to ensure any silent choking is spotted quickly, and to ensure no food cross contamination occurs. For these reasons, two members of staff (one of which is paediatric first aid trained) sits at the table with all our nursery and reception children whilst they are eating their lunch. The member of staff who is paediatric first aid trained stays at the table until all the nursery children have finished eating.

For morning snack, two members of staff (one of which is paediatric first aid trained) positions themselves within the classroom to ensure they have sight and hearing of all children.

Children aged 0-5 years also require specific food preparation. For preparing hot school dinners and morning snack, we adhere to the Food Standard Agency advice on how certain foods should be prepared and cut up. We ask that if your child brings in a packed lunch, parents also adhere to the following guidelines.

https://www.foundationyears.org.uk/files/2021/09/Early-Years-Choking-Hazards-Table_FINAL_21-Sept-2021.pdf