



Healthy Lunchbox Policy 2026 - 2029

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Version	Date	Author	Note of revisions
V2	27/7/26	MWiggins	Lunchtime staff changed to midday supervisor for consistency Replaced "Eatwell Plate" with "Eatwell Guide" Replaced "Healthy Schools Status" with broader wellbeing wording Replaced Change4Life reference with NHS Healthy Eating guidance. Removed the word "currently" from the nut allergy section.

Stanley St Peter's CE Primary School are committed to teaching your child about how to make sensible food choices as part of maintaining a healthy lifestyle. This Healthy Lunchbox policy has been developed using guidance associated with healthy eating and the school day, such as NHS Healthy Eating guidance and the Eatwell Guide. The Eatwell Guide (Appendix 1) demonstrates how to get the balance right by showing the proportion of each of the five good groups that should be eaten each day. The government provides regulations for healthy school meals and packed lunches and recommends that foods from the high-fat and/or sugar group on the Eatwell Guide should not be included in a packed lunch.

Our aim 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 regulated by national standards.

This policy was formulated to:

- Make a positive contribution to children's health and wellbeing.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools.

Food and drink in packed lunches

The policy states that;

- The school will provide facilities for pupils bringing 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.
- 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.
- The school will work with parents to advise that packed lunches follow the list below.

Packed lunches should include

- **At least one portion of fruit and one portion of vegetables** e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes.
- **Meat, fish or other source of non-dairy protein** e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas.
- **A starchy food** e.g. bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- **Dairy food** e.g. milk, cheese, yoghurt or fromage frais.
- **A drink** of water, fruit juice, milk, yoghurt drink or smoothie (please note that only water is allowed in water bottles in the classroom due to allergies and to assist in our aim to ensure children maintain good dental hygiene).

Our alternative suggestions to snacks such as crisps include;

- Savoury crackers or breadsticks served with a dip.
- Vegetables and fruit.
- Cereal bars (please ensure these are nut-free!)
- Dried fruit.

Chocolate bars and confectionery are not permitted as part of packed lunches. Suitable alternatives to these include;

- Sugar-free jellies with fruit.
- Cakes and biscuits in moderation.

- Fruit, vegetables.

High fat meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally.

Special diets and allergies

To protect pupils with severe nut allergies, nuts and nut products are not permitted in school. The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case, parents are to be responsible for ensuring that packed lunches are as healthy as possible. For this reason, pupils are also not permitted to swap food items.

Assessment, evaluation and reviewing

Packed lunches are reviewed by midday supervisors as part of their supervision of the children. If packed lunches persistently fail to meet the expectations set out in this policy, parents may be contacted to discuss this further.

Publication of this policy

The school will inform parents/carers of the policy via the school newsletter.

The policy will be available on the school's website.

The school will use opportunities such as parents' evenings to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

Appendix 1

