John Perry Primary School

Packed Lunch Policy

This policy covers many articles from the UN Convention on the Rights of the Child. Some key ones are listed below.

UNCRC Article 24– Right to health and nutritious food
UNCRC Article 27- Right to an adequate standard of living
UNCRC Article 2 - Non-discrimination

This policy ensures packed lunches provide healthy, balanced meals. It supports every child's right to good nutrition and promotes fairness and consistency across the whole community.

Updated: May 2025

Review Date: May 2027

Aim of the policy

The aim of the policy is to ensure that all food brought from home, consumed at school or on school trips provides pupils with healthy and nutritious food. All food served in school is governed by legislation, it is therefore important to have a comparable policy for food and drink brought from home.

The policy applies to:

- All food brought from home to be consumed in school at lunch time or at other times during the school day including on a school trip
- All staff eating food brought from home within school or on a school trip in the presence of pupils

The school's responsibility:

- Providing a dining environment that is appropriate, hygienic and attractive, with a seat and a place to eat.
- Ensuring good behaviour and consideration for others is maintained.
- Providing fresh water and milk at all times.
- Staff supervising pupils eating food from home are aware of school policy and hygiene procedures.
- The school does not allow the swapping of food items between pupils.
- The school does not allow for children to bring confectionary, cakes or crisps into school to celebrate their birthdays or religious events.
- In line with the government guidelines of a balanced diet, on some special occasions throughout the school year, children will be allowed a treat. This may be during class parties or at fundraising events.

Special diets and allergies:

The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring in emergency specialised food to school. In these cases, parents and carers are responsible firstly for making school aware of the child's needs and for ensuring the food from home is specific for the child's needs.

Lunchbox suggestions:

- At least one portion of fruit/vegetables (apple, dried fruit, cherry tomatoes, carrot sticks etc).
- Meat, fish or other source of non-dairy protein (chicken, turkey, tuna, lentils, chick peas etc).
- Oily fish such as salmon.
- A starchy food such as any type of bread, pasta, rice, noodles or potatoes.
- Dairy foods such as cheese, yoghurt or fromage frais.
- Healthier alternatives to crisps such as a savoury crackers or breadsticks.
- Water or fruit juice.

The following foods are not permitted:

- Snacks such as crisps and popcorn.
- Confectionary such as chocolate bars, biscuits and sweets.
- Fizzy drinks, drinks with added sugar or sweetener.
- The remains of the previous evening's takeaway.
- Lunch boxes should not include items that are high in fat or salt. For example, cooked sausages, sausage rolls, chipolatas, corned meat, meat pies.
- Spreads high in sugar such as chocolate spread, jam etc.

We are a nut-free school so items containing nuts including chocolate spread are strictly prohibited due to allergies

In implementing the policy, the school should aim to:

- Inform parents of the expectations of packed lunches or food brought in from home.
- Use all opportunities to promote this policy as part of the whole school approach to healthy eating.
- Ensure that all school staff are aware of the policy and support its implementation.
- Any item that does not conform to the school policy will be taken from the child and returned to them at the end of the day. The child will be offered a piece of fruit as an alternative and a note will be placed in the child's lunchbox.
- Contact the parents and carers of a child who regularly brings a lunch box into school that does not conform to the policy to clarify expectations.

Packed Lunch Policy: May 2025

Review Date: May 2027