



Packed Lunch Policy

Date: September 2025

To be reviewed: September 2027

1. Introduction

To grow and stay healthy, children need to eat a nutritionally well-balanced diet. Schools are required to positively promote the health and well-being of their pupils. Work around healthy eating is a high priority at Norbreck Primary Academy and is incorporated across the curriculum.

The contents of lunchboxes in some schools can be extremely unhealthy, previous audits of lunchboxes have shown that in the main they contain foods with high levels of fat, sugar and salt, and very few fruit and vegetables. Many of our school lunchboxes do contain healthy items, but there are still too many that contain foods which are high in fat and salt content, especially processed type snacks and chocolate coated products such as cakes and biscuits.

The short-term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.

The longer-term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

2. Rationale & Aims

This policy was formulated:

- to make a positive contribution to children's health;
- as part of the school's commitment to being a healthy school;
- as part of the school's ethos of educating children to make responsible life choices.

By implementing this policy, we aim to:

- contribute to children's health and well-being; allowing them to feel healthy and more energetic, be able to concentrate and behave well at school and to sleep well at the end of the day;
- share a 'good health' message so that children, parents/carers can make informed, healthy life choices;
- to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food, allowing them to fully participate in an active school life.

Objectives

- To improve the nutritional quality of packed lunches in schools and the eating habits of children at lunchtimes.
- To develop an awareness in children, parents, staff and the wider community that the school takes a pro-active approach to promoting healthy eating.
- To encourage healthy eating habits in childhood that can influence health and well-being in later life.
- To ensure that food brought into school (packed lunches) reflects and meets the School Food Standards- [School food standards: resources for schools - GOV.UK \(www.gov.uk\)](#)

7 Content of packed lunches

Nut-free school

Although we recognise that this cannot be guaranteed, we aim to be a nut-free school. We aim to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. We aim to protect children who have allergies to nuts by not allowing nuts or nut products in school packed lunches. Please do not include:

- All types of nuts and mixed fruit and nut packs.
- Peanut butter and chocolate spreads that are nut based, such as 'Nutella'.
- Pre-packed baked goods that contain Nutella or nut-based chocolate spread.
- Cereal bars and granola bars that contain nuts.
- Cakes and biscuits that contain nuts.
- Satay sauce and sauces that contain nuts.

This list is not exhaustive. Please check the packaging of products closely.

Foods to include:

We ask that all packed lunches be based on the School Food Trust's food-based standards for packed lunches and should include the following:

- Fruit and Vegetables; at least one portion of fruit and one portion of vegetable.
- Protein; meat, fish, egg or other source of non-dairy protein (e.g., lentils, kidney beans, chickpeas, hummus or dhal).
- Oily Fish: such as tinned or fresh mackerel, sardines, salmon, or tuna.
- Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- Dairy: foods such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products. Reduced fat versions of these should be used where possible.
- Puddings: should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies or fruit-based crumble. Cakes and biscuits can be included, as part of a balanced lunch, as long as they are not chocolate coated.

Foods to avoid or limit:

- Meat products such as sausage rolls, individual pies, corned meat and sausages. These items should be included in packed lunches no more than twice per week.

Packed lunches should not include any of the following:

- Products containing nuts.
- Foods and drinks high in fat and/or sugar such as fizzy drinks, chocolate, sweets.

Special diets and allergies

The school recognises that some children may require special diets for medical reasons. In this case, parents are asked to be responsible and ensure that packed lunches contain healthy alternatives to those outlined above.

Storage of Packed Lunches & Containers

School will provide storage area/facilities for packed lunch bags in the most convenient and appropriate place possible. As fridge space is not available in school, pupils are advised to bring their packed lunch in insulated bags to ensure that it remains fresh and tasty until lunchtime. Freeze blocks can be included if desired.

Dining Facilities for Pupils Bringing Packed Lunch

School will provide an appropriate area where pupils who choose to bring packed lunches can eat. All staff supervising children eating packed lunches are aware of food hygiene procedures and will encourage the children to approach their food in a hygienic manner. They will also encourage a well-mannered, social eating environment. We provide children with access to antiseptic hand gel to ensure that their hands are clean before eating.

As part of our school being allergy aware, we do not allow the children to share their food with others. Please discourage your children from doing so.

Waste and Disposal

We 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.

Monitoring and Evaluation

School will carry out monitoring of packed lunch provision. Where there may be concerns over a child's food/nutrition intake and/or content of packed lunches, then this can be dealt with timely and sensitively through contact with parents.

OFSTED

Schools are required to report on how the school promotes the personal development and wellbeing of all pupils – this can include food provision including packed lunches brought into school.

National Healthy School Programme (NHSP)

Although this programme is no longer funded by the government through the health service, we as a school feel it is still important to promote the ethos and standards promoted by the programme and will continue to implement them into school life.

Promotion of Healthy Packed Lunches

There will be ongoing promotion of the need to provide healthy packed lunches through:

- Whole School Packed Lunch Policy;
- Newsletters & information leaflets;
- Participation in Healthy Eating days/ weeks;
- Healthy eating activities;
- Curriculum content such as within PSHE, Science & Design Technology lessons;
- Parents Evenings & Parent Consultations;
- School website;

Norbreck Primary Academy: Packed Lunch Policy

- Outside agencies and visitors such as Blackpool Community Trust, 'Fit 2 Go' and Active Blackpool, 'Healthier Lifestyles';
- Links with the school nurse.

Policy Review

This policy will be reviewed as part of the schools agreed policy review process. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended.

Additional Information

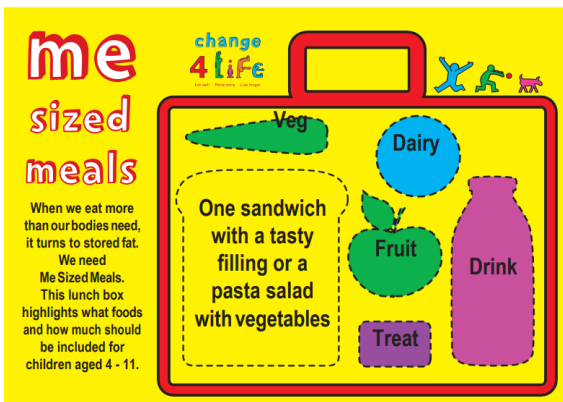
Additional information is available with ideas and examples of foods that can be included in packed lunches at:

[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Healthy packed lunches - British Nutrition Foundation](http://www.bnf.org)

[Eating Healthily | Staying Healthy | Health for Kids](http://www.healthforkids.org)



This Packed Lunch Policy should be read in conjunction with the following policies:

- Healthy Eating Policy;
- PSHE and SRE Policy;
- Science Policy;
- Design & Technology Policy;
- Children with Medical Conditions Policy.