



St Richard's RC Primary School

Packed Lunch Policy

September 2025

Proposed by JM Seconded by Approved

Signed by Chair of Governors

Date:

St Richard's RC Primary School Packed Lunch Policy 2025

Overall aim of the policy:

- to make a positive contribution to children's health
- to promote consistency between packed lunches and food provided by school (which is regulated by School Food Standards)

Recommendations to include in your child's packed lunch:

- meat, fish or another source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- at least 2 portions of fruit and / or vegetables 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, natural yoghurt
- still or sparkling water, sugar free fruit juice, semi-skimmed or skimmed milk, low-sugar yoghurt, milk drink or smoothie

It is recommended that the following foods should not be included in your child's packed lunch:

- crisps - instead, include vegetables and fruit: savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good alternative
- confectionery such as chocolate bars, chocolate-coated biscuits, cakes and sweets
- meat products which are high in fat, such as sausage rolls or pies

Special diets and allergies:

- the school recognises that some pupils may require special diets; in this case parents are urged to be responsible by ensuring that packed lunches are as healthy as possible
- all lunchtime assistants are aware of children with allergies
- to ensure all pupils are safe, children are not permitted to swap food items
- Nuts and Nutella (or similar nut-containing products) should not be brought into school

The school will:

- provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water and milk are readily available at lunchtime
- regularly review the Packed Lunch Policy to meet food standard requirements
- review individual pupil packed lunches and contact parents with any concerns

