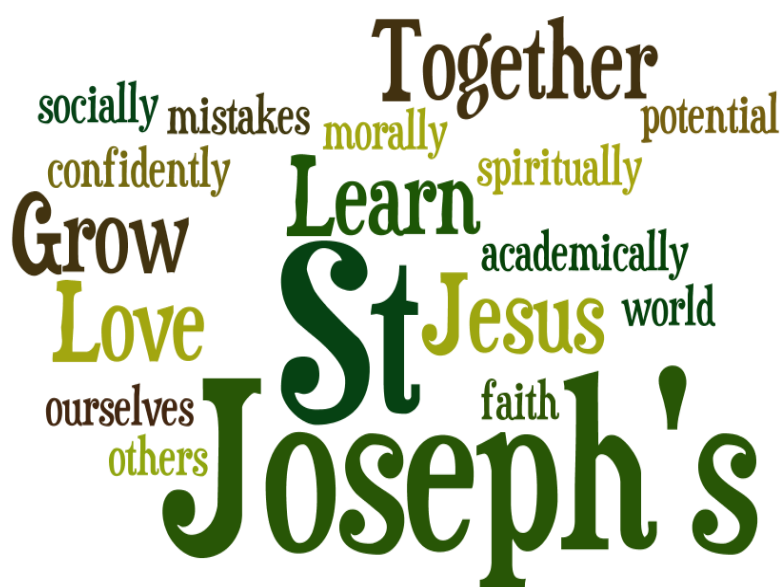


Packed Lunch Policy



Date reviewed:	
Date approved:	Pentecost 2026

1. Mission Statement

At St Joseph's Catholic Primary School, **we love, learn and grow together**, rooted in our Catholic faith. We believe that promoting healthy lifestyles supports children's physical, emotional and spiritual wellbeing and enables them to flourish as confident learners.

At ST JOSEPH'S WE LOVE, LEARN AND GROW TOGETHER!

LOVE	LEARN	GROW
Love of our faith	Learn about our faith and Jesus	Spiritually
Love of Learning	Achieve our potential	Academically
Love life/the world	Learn from our mistakes	Morally
Love ourselves	Learn who we are / who I am	Confidently
Love others	Learn from others	Socially

2. Policy Aims

This policy aims to:

- Promote healthy eating and wellbeing for all pupils
- Ensure packed lunches meet high nutritional standards, in line with the [School Food Plan \(DfE\)](#)
- Support children with medical conditions, allergies and dietary needs
- Promote consistency between packed lunches and school-provided meals
- Encourage sustainable practices and reduce waste
- Work in partnership with parents and carers to create a safe, inclusive and positive lunchtime environment

3. Scope

This policy applies to:

- All packed lunches brought into school
- Packed lunches for school trips during the school day

Packed lunches must be brought in:

- A suitable lunch box or container with a secure lid
- An insulated container where appropriate (particularly for hot or perishable food)
- Carrier bags are not appropriate

Parents/carers are responsible for ensuring food is stored safely. The school cannot refrigerate packed lunches.

4. Healthy Packed Lunch Guidance for Parents and Carers

We strongly encourage families to consider a school meal, which provides a balanced and nutritionally complete option. However, we respect that some families may prefer to provide a packed lunch.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables or salad daily
- A source of protein, such as:
 - Meat, fish or poultry
 - Eggs
 - Beans, lentils, chickpeas, soya or hummus
 - Oily fish (at least once every three weeks)
- A starchy food every day (e.g. bread, rice, pasta, wraps or potatoes), with wholegrain options encouraged
- A dairy product or dairy alternative (e.g. yoghurt, cheese)
- A low-sugar dessert option (e.g. fruit loaf, banana loaf, sugar-free jelly)
- A drink of **plain water only**

Packed lunches should not include:

- Nuts or nut products of any kind (**St Joseph's is an Allergen Aware School and is strictly nut-free**)
- Chocolate bars, sweets or chocolate-coated biscuits
- Crisps or very salty snacks
- Fizzy drinks, squash, fruit juice or drinks containing added sugar
- Highly processed meats or pastry products (regular inclusion is discouraged)

Treats

- A maximum of **one small treat per week** is permitted, on a Friday, in line with school expectations

Thinking of ideas for lunches can be challenging. For lunch box ideas the links below may be of help:

[Change4Life](#)

[NHS Food scanner app](#)

[Packed lunches for 1-4 year olds](#)

5. Allergen Awareness and Medical Conditions

St Joseph's is an allergen-aware school. The safety and wellbeing of pupils with food allergies and medical conditions is of paramount importance. We are committed to creating a safe and inclusive environment, minimising risks, and ensuring that all members of our community understand their role in supporting pupils with medical needs.

- Some pupils have severe, life-threatening allergies
- **No nuts or nut products are permitted under any circumstances**
- All food should be clearly identifiable
- Food sharing or swapping is strictly prohibited
- Children are expected to follow all allergy-safety rules

Benedict's Law (Children and Families Act 2014)

In line with **Benedict's Law**, the school has a legal duty to support pupils with medical conditions and ensure they can access education safely and equally.

This includes:

- Individual Healthcare Plans where required
- Reasonable adjustments to safeguard children's health and wellbeing
- Parents informing the school of any diagnosed medical conditions or allergies and keeping records up to date

6. Lunchtime Arrangements and Behaviour

- Children are provided with a calm, supervised environment in which to eat
- Staff support children in making healthy choices
- Children will not be forced to eat specific foods
- Children are expected to:
 - Show respect to others
 - Follow school rules
 - Adhere to allergy and safety expectations

7. Snacks in School

- EYFS and KS1 pupils are provided with a daily fruit snack
- KS2 pupils may bring a **fruit or vegetable snack only** for morning break

8. Special Diets and Cultural Considerations

The school respects cultural, religious and ethical dietary requirements.

Where children bring packed lunches for specific dietary reasons:

- Parents/carers are asked to ensure meals are as balanced as possible
- The school will support families to meet both dietary needs and policy guidance

9. School Trips

Packed lunches for school trips must follow this policy.

- Additional restrictions may apply depending on the nature of the trip

- Parents will be informed of any specific requirements in advance

10. Sustainability and Waste

We encourage families to:

- Use reusable containers
- Minimise single-use packaging

Uneaten food and packaging will be returned home so parents/carers can monitor intake and reduce waste.

11. Monitoring and Support

- Lunchtime staff will discreetly monitor packed lunches
- Non-compliant items may be removed and, where appropriate, replaced with a healthier option
- Items will be returned home

Where concerns arise:

- The school will work supportively with parents/carers
- If concerns persist, a meeting may be arranged to agree next steps

The school's approach is **educational and supportive, not punitive**.

12. Hydration

Children are encouraged to bring a clearly labelled water bottle for use throughout the school day. Bottles should be in line with the school's preferences (plastic or aluminium, ideally in school colours) and should not be large or feature prominent branding.

13. Communication of the Policy

This policy is shared via:

- The school website
- Newsletters
- Induction materials

All staff are expected to support consistent implementation.