



Roseberry
Primary School

Packed Lunch Policy

Policy Dated:	February 2026
Date of Next Review:	September 2027
Reason for Review/Revision:	New Policy
Publication Scheme	School website
Version	01
Lead	HoS



1. Purpose and scope

This policy sets expectations for all packed lunches consumed on the school site or on school visits during the school day. Its aim is to ensure that food brought from home **supports pupils' health, wellbeing and learning**, and is **consistent with the legal School Food Standards** that apply to food provided by schools.

This policy sits alongside our Whole School Food Policy and our Supporting Pupils with Medical Conditions/Allergy Policy.

2. Legal and policy background

- **School Food Standards (Requirements for School Food Regulations 2014)** set mandatory standards for food provided by schools. While packed lunches from home are not regulated by the Regulations, DfE expects a **whole-school approach to healthy eating** and consistency between food provided by school and that brought from home.
- DfE guidance provides **practical standards and checklists** that inform what a balanced meal looks like for pupils. We use these benchmarks for packed-lunch expectations.
- **Allergy and food information** requirements apply to school-provided food. For food from home, the school must still take **reasonable steps to manage risk** for pupils with medical conditions (Children and Families Act 2014; DfE allergy guidance).

3. Principles

1. Eating should be safe, positive and inclusive. Dining spaces should be calm, sociable and supervised.
2. Packed lunches should broadly reflect the **balance of food groups** promoted by the School Food Standards.
3. The school will **work in partnership with families**, offering guidance and reasonable adjustments for medical, cultural or religious needs.

4. Expectations for packed lunches

To mirror the School Food Standards' balanced meal, a typical lunch should include:

- **Starchy food (base):** bread, wraps, chapatti, pitta, pasta, rice, couscous or potatoes (wholegrain where possible).
- **Vegetables and fruit: at least one** portion of veg **and one** portion of fruit. Fresh, frozen, tinned in juice or dried fruit are all acceptable.
- **Protein:** meat, fish, eggs, beans, lentils, hummus, falafel, tofu or similar. (Oily fish occasionally is encouraged.)
- **Dairy or alternative:** yoghurt, cheese, milk or a **calcium-enriched** dairy alternative.
- **Drink** (optional): water or milk. (We provide free, fresh drinking water at lunch for every pupil.)

Items to avoid bringing

To support healthy eating and reduce sugar/salt intake during the school day, please **do not include:**



- **Confectionery** (sweets, chocolate bars, chocolate-coated biscuits), **energy drinks** and **fizzy drinks** (including no-added-sugar variants), or **high-caffeine products**.
- **Savoury snacks high in fat and salt** (e.g., standard crisps) as a routine item. If a snack is included, choose small portions such as wholegrain crackers or plain popcorn.

Occasional treats: Plain cakes or biscuits may appear occasionally within a balanced lunch but **not** as the main item. (Note: this mirrors the spirit of standards used for school-provided food.)

5. Allergy, medical and cultural considerations

- **Nut-safe approach:** To lower risk to pupils with severe allergies, **no nuts, nut products, or foods labelled “may contain nuts”** should be included in lunchboxes. We also discourage sesame where a pupil cohort risk assessment indicates heightened risk. Families of affected pupils must share up-to-date medical information with the school.
- The school meets its duties under **section 100 of the Children and Families Act 2014** through individual healthcare plans and reasonable adjustments.
- We will respect **religious/cultural diets** and other special diets and work with families to agree suitable alternatives.

6. Food safety and storage

- Lunches should be sent in **clearly named** boxes or insulated bags. Include an **ice pack** in warmer weather; the school will store lunches as practicable and ensure safe, hygienic dining spaces.
- Pupils must **not share or swap** food. Supervisors will remind pupils and support safe practices.

7. Positive dining and inclusion

- Pupils on packed lunches may sit with peers on school meals to promote inclusion and social eating.
- Staff will encourage pupils to try foods, maintain a calm atmosphere, and allow adequate time to eat.

8. Roles and responsibilities

- **Parents/carers:** Provide a lunch that reflects this policy; inform school of allergies, medical, cultural or religious needs; avoid restricted items.
- **School:** Provide water, safe dining space, age-appropriate supervision, and clear communication; signpost guidance and support.
- **Midday supervisors:** Promote positive dining, reinforce safe practices (no sharing, allergy vigilance), and note concerns.
- **Senior leader/governor for food:** Oversee implementation and report annually to the governing body.

9. Monitoring and supportive follow-up

- We will **periodically review** packed lunches (light-touch visual checks) to understand trends and where families may want support. Where items conflict with this policy, we will send a **friendly**



reminder; repeated issues will prompt a conversation to offer guidance. The approach will be **educational, not punitive**.

- Findings may inform curriculum, assemblies, or workshops, and will be shared with governors as part of our healthy-eating ethos.

10. School trips and events

- This policy applies to **day visits**. For residential or special events, we will brief families on any venue-specific requirements and continue to manage allergy and dietary needs in line with DfE guidance.

11. Communication

- The policy will be shared at transition/induction, on the website, and in start-of-term reminders. We will provide **easy-read guidance** and example lunchbox ideas to support families.

12. Helpful guidance for families (signposts)

- **DfE School Food Standards: Practical Guide** (what a balanced school meal looks like; use as a benchmark for home lunches).
- **School Food Standards—Resources for Schools** (portion sizes, posters, checklists; we align our lunchbox advice with these).
- **Food for Life lunchbox ideas/policy template** (practical examples for home).
- **School Food Matters packed lunch guidance** (budget-friendly tips).
- **Allergy guidance for schools** (for families of pupils with allergies—how we manage risk together).





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Roseberry Primary: The Healthy Packed Lunch Guide

WHAT TO INCLUDE



The Nutritious Foundation:
Include a starchy base, at least one fruit, one vegetable, and a protein source.



Dairy & Hydration
Provide water or milk alongside a dairy portion like cheese or yogurt.

PLEASE DON'T SEND



Sugary & High-Fat Items

Avoid sweets, chocolate, fizzy drinks, energy drinks, and routine high-fat snacks.



Strict Nut-Free Zone

Do not send nuts or any products labeled 'may contain nuts'.

PRACTICAL TIPS



Preparation & Identification

Label lunchboxes clearly and use ice packs during warm weather.



Safety & Communication

Update school on allergies and remind children not to swap or share food.

