St Faith's

Church of England
Infant and Nursery School

Packed Lunch Policy

"Our inclusive St Faith's family strives to enable all to achieve their full potential and inspire a community of hope and friendship. We seek excellence by ensuring a safe, respectful and flourishing learning community, where differences are celebrated and our genuine love and high expectations make a difference to all."
Oscar Romero …. "Aspire not to have more, but to be more."

As a Church School, the distinctive Christian values of respect, compassion, trust, justice, friendship and community are promoted through the experiences we offer to all our pupils, to give pupils the knowledge, skills and understanding that they require to lead confident, healthy and independent lives. We promote the teaching and understanding of fundamental British values in order to prepare pupils for life in modern Britain. We positively teach the values of democracy, the rule of law, individual liberty, mutual respect for and tolerance of those with different faiths and beliefs and for those without faith. Teaching the fundamental British values helps the children to become informed, active and responsible citizens.

This policy outlines the purpose, nature and management of **packed lunches** in our school. It reflects the consensus of opinion of all members of staff. It is based on current practice and has the full agreement of the governing body. The implementation of this policy is the responsibility of the Head teacher, teaching staff and support staff. It is our collective responsibility to raise awareness and that all policies are known, understood and used in an appropriate way.

Aim

All packed lunches brought into school are packed safely, are healthy, (based on the national standards set for school lunches) and consumed around a positive dining experience.

Our School

Pupils in Reception and Key Stage One will be supported to take up their Universal Infant Free School Meal entitlement.
We will provide a safe, clean environment for pupils to eat their packed lunch.

- We will store packed lunches in a cool, dry place.
- We will allow pupils on packed lunches and school dinners to sit together.
- We will provide free drinking water for pupils on packed lunches.
- Pupils on packed lunches with food allergies and intolerances will be supported by lunchtime supervisors.

Packed lunches should include the following, every day:

- Energy food – choose wholegrain varieties like bread, pasta, couscous, rice, chapattis and wraps.
- Protein food - like meat, fish, dairy, eggs, lentils and beans.
- At least 1 or more portions of vegetables.
- 1 portion of fruit (grapes and blueberries chopped)
- A dairy food – like milk, cheese, yoghurt, custard or calcium-enriched plant-based dairy alternative.
- A drink of water, milk or fruit juice.

Packed lunches can include the following, perhaps once a week:

- Meat based food items like sausage rolls and pies.
- Cakes and biscuits.

Packed lunches should not include:

- Snacks high in salt like crisps – instead include plain popcorn, vegetable sticks, seeds, savoury crackers or breadsticks.
- Confectionery like sweets, chocolate bars – instead include fruit, flapjack.
- Soft drinks – fizzy drinks, squash (those labelled no-added sugar or sugar free contain harmful sweeteners and encourage a taste for sweet food and drinks).

Assessment and Review

- The School Food Governor will carry out an annual lunch box audit.
- Lunchtime supervisors will monitor healthy packed lunches in line with the food standards.
- The packed lunch policy will be sent home when items are brought in to school that don't meet the standards. If this continues on a regular basis, parents will be invited into school to discuss the matter.

Useful links for further information

- Home - Food for Life
- School food standards: resources for schools - GOV.UK (www.gov.uk)
- Lunchbox ideas and recipes – Healthier Families - NHS (www.nhs.uk)

Safeguarding procedures

At St Faith's we have a positive culture of safeguarding, with effective policies and procedures in place. Our safeguarding procedures are outlined in our Child Protection and Safeguarding Policy, which can be found on our website https://stfaithscofe.secure-primarysite.net/safeguarding-information-and-policies/.

Approved by the governing body on	18th November 2026
Signed (Chair of Governors)	Emile Van Der Zee
Signed (Food in Schools Governor)	Helen Tomlinson
Signed (Headteacher)	Amanda Konrath
Review Date	November 2027