

## **STENSON FIELDS PRIMARY COMMUNITY**

### **PACKED LUNCH POLICY**

#### **Aim**

To ensure that all packed lunches consumed in school, or on school trips, provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

#### **Rationale**

At Stenson Fields Primary Community School we recognise the importance of a healthy lifestyle and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. In order for children to meet their full potential they need to be physically, mentally and socially fit and healthy. There is also a need to promote consistency between packed lunches and food provided by schools, which must adhere to national standards set by the government. (These can be found through the School Food Trust website [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk))

#### **FOOD REGULATIONS – CHOKING HAZARDS**

The government food agency has issued new guidance on choking hazards for children aged five and under. While these recommendations specifically target that age group, we ask all KS1 families to follow these rules for the safety of our younger children.

If you are sending in small fruit for snack or packed lunch e.g. grapes, berries, cherry tomatoes, please ensure they are cut lengthways and then into quarters if. Larger fruit/vegetables such as carrot, cucumber, melon should be cut into sticks, not chunks. Please ensure they are cut before sending them to school or your child will not be allowed to eat them and they will be sent home (staff do not have time to do this in school). Any fruit provided by the school will adhere to these requirements.

#### **Food and Drink in Packed Lunches**

- The school will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is available at all times.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep food fresh.

#### **Packed lunches should include:**

Please find below some suggestions for children's packed lunches. These are suggestions only! We ask that children **do not** bring sweets or chocolates, as the children are taught that these are treats and are not part of a 'balanced meal'. Please ask if you would like a copy of our school's 'Food Policy'.

#### **Savoury**

Small cobs or sandwiches – preferably with meat/cheese or other protein filling (to aid energy + concentration levels)

Pitta bread/wraps with healthy fillings (as above)

Small salads

Small mixed pasta meals

Crackers with butter/cheese/cheese spread

Cheese strings

Mini-sausages    Mini- sausage rolls    Mini-peperami sticks

Small amount of crisps – e.g. mini-pringles

#### **Dessert**

Yoghurt/jelly/fromage frais/custard

Small chocolate covered biscuit bars e.g. penguin bar  
Sponge cake  
Cereal bar  
Fruit flakes

#### **Fruit and vegetables**

Fresh fruit i.e. Apples, Bananas, Pears, Kiwi etc.  
Sliced cucumber  
Carrot Sticks  
Mini-tomatoes  
Box of raisins

#### **Drinks**

Milk  
Water  
Fruit Juice

***We ask that children bring in only 1 or 2 savoury items, 1 dessert item and 1 or 2 fruit and veg items. Some children have so much food in their packed lunch, they spend the whole of lunchtime sitting in the hall and can either become distressed or miss out on outside time with their friends. We also want to encourage them to have healthy eating habits and not to over eat.***

**Packed lunches should not include:**

- Nuts or nut based products – due to allergies within school.
- A small cake or biscuit are allowed, but encourage your child to eat these only as part of a **balanced meal** and in **moderation**.
- Sweets or chocolates – treats are not part of a balanced meal.

*\*If there are other severe allergies, we will notify parents accordingly.*

#### **Special Diets and Allergies**

The school also recognises that some pupils may require special diets or allergies that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

#### **Nut Allergies**

We do have a number of children in school who have severe nut allergies and request that nuts or nut products are not included in packed lunches or snacks (this also includes hazelnut spreads e.g. Nutella).

**September 2025**