The Pochin School Packed Lunch Policy

Approved: Miss Evans
Date: November 2026
Review Date: November 2027

Aim:

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

At The Pochin School, we are committed to promoting healthy eating and encouraging children to develop positive eating habits. We ask that all packed lunches provided from home are healthy, balanced, and nutritious.

Our School:

- Pupils in 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 these items 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 portion of vegetables and salad.
- 1 portion of fruit.
- 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 occasionally include:

(approx. once per 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 Nutrition Action Group will carry out and annual lunch box audit.
- Lunchtime supervisors will reward healthy packed lunches in line with our lunchtime reward scheme.
- 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.

A note on sustainability:

Sustainable food nourishes both our health and the environment. There are some simple things we can all do to make what's on our plate, or in our packed lunch, more sustainable. See the Food for Life Packed Lunch Guidance resource for top tips on incorporating sustainability into lunchboxes, including using less single-use packaging, and trying healthy and delicious meat alternative ideas.

Useful links for further information:

- Food for Life Packed Lunch Guidance resource
- School food standards: resources for schools - GOV.UK (www.gov.uk)
- Lunchbox ideas and recipes – Healthier Families - NHS (www.nhs.uk)
- What is sustainable food? | Sustain (sustainweb.org)

Working Together

We appreciate the support of parents and carers in helping children make healthy choices. Where packed lunches do not follow this policy, staff may speak with parents/carers to discuss the contents and provide support in meeting our healthy eating expectations.

Our aim is to promote children's health, wellbeing, and ability to learn by encouraging a balanced and nutritious diet.