



# PACKED LUNCH POLICY

AUTHOR	REVIEWED	NEXT REVIEW
B.MCALINDEN	SPRING 2026	SPRING 2028

## Packed Lunch Policy

We would encourage all our children to have a school lunch; all our food is cooked freshly using quality ingredients to provide a nutritious choice for all tastes. Since September 2014, the government provides FREE school lunches for all Reception and KS1 children.

We want to ensure that all packed lunches brought from home and eaten 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.

In consultation with Leeds Packed Lunch Policy Guidance and School Food Trust, packed lunches should:

- make a positive contribution to children's health and Healthy Schools Status.
- encourage a happier and calmer population of children and young people.
- promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government.

### **In Oulton Primary School:**

We provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.

We recommend that packed lunches should encourage a varied diet and include:

1. At least one portion of fruit and/or one portion of vegetables.
2. One starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereal.
3. Dairy food such as milk, cheese, yogurt or fromage frais.
4. A NON-FIZZY drink.

Children can have a biscuit with their packed lunch but cannot bring sweets or chocolate bars.

Fizzy drinks, or drinks in glass bottles are not permitted.

We do not recommend crisps or other similar snacks



### **Special diets and allergies**

The school also recognises that some pupils may require special diets; 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 allowed to swap food items.

### **Monitoring and Reviewing**

Packed lunches will be regularly reviewed by teaching staff, lunchtime supervisors, learning mentors and the School Council.

Parents and pupils who do not follow the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. If a child regularly brings a packed lunch that does not follow the policy then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.

