

PACKED LUNCH AND SNACK GUIDANCE November 2023

Overall Aim of the Guidance

To ensure that all packed lunches and snacks brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is required to meet national standards.

National guidance

The guidance was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in school's toolkit (Department of Health), Food policy in schools and other schools within Anthem Schools Trust.

Where, when and to whom the guidance applies:

The guidance applies to all pupils, parents and carers providing packed lunches and snacks to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents and carers to encourage packed lunches and snacks meet 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.

Food and drink for snacks

- The School Fruit and Vegetable Scheme (SFVS) provides a free piece of fruit or veg to every pupil in Nursery, Reception, Year 1 and Year 2, so there is no requirement for parents/carers to provide a snack.
- For pupils in Years 3,4,5 & 6 parents/carers may wish to provide a piece of fruit or veg or non-sugary snack. (Please see the following pages for foods that should not be included).
- All pupils should have a water bottle in school with fresh drinking water, changed daily.
- If sugary snacks or crisps are provided these will be returned home.

Packed lunches should include:

- Portion of starchy food - white or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.
- A portion of meat, fish, eggs, beans or other non-dairy sources of protein - sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.
- At least one portion of fruit and/or vegetable. These can come from fresh or dried sources, as these can all count towards 5-a-day.



Vegetables: carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.

Fruits: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit. Please remove any stones or pips and cut fruit ready to eat.

- A portion of milk or dairy foods: Yoghurt or fromage-frais, cheese in sandwiches or wraps, whole milk (for children aged one or two) or semi-skimmed (for children aged two or over).
- A drink to help with hydration and concentration. Water – is the best choice.

Packed lunches or snacks MUST not include

- Nuts of any sort – including peanut butter and Nutella – because of the life-threatening risk to any other child who may have a severe allergy.
- Fizzy drinks
- Hot food
- Sweets and chocolate bars

Packed lunches should limit the following items (max. one per day):

- meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas should be included only occasionally.
- confectionery such as chocolate-coated biscuits, cereal bars, processed fruit bars.
- snacks such as crisps or cheddars. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food are also a good choice.

Special diets and allergies

We have some pupils in school who are allergic to certain foods to whom exposure can be life threatening and as such we are a NUT FREE SCHOOL. Many items contain nuts in a hidden way e.g chocolate spread, we therefore ask that you check any food items that you are sending into school to ensure the safety of everyone.

The school also recognises that some pupils may require special diets 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.

Please be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

Process of ensuring the guidance is followed

Packed lunches and snacks will be regularly reviewed by staff at breaktime and lunchtime.



Where snacks and packed lunches are identified as not following the guidance, leaflets may be included in the packed lunch to go home. Similarly, if a child is not eating, this will be discussed with the parent/carer.

If a member of staff becomes aware that a child has a fizzy drink, solid chocolate, sweets or food from a fast food outlets in their lunch they will notify a member of the safeguarding team, it may then be replaced with a piece of fruit and the item sent home with the child at the end of the day.

Please contact the school if you would like further advice or support in making your child's packed lunches and snacks healthier.