



Everybody Learns - Everybody Cares

Bede Community Primary School

Packed Lunch Policy

Policy Reviewed: September 2026

Review Date: September 2029

Responsible Committee: Resources Committee

1. Introduction

At Bede Community Primary School, we are committed to promoting healthy lifestyles and supporting the health and wellbeing of all pupils. We recognise that healthy eating plays an important part in children's physical development, emotional wellbeing, concentration and learning.

For pupils who bring a packed lunch to school, we encourage parents and carers to provide healthy, balanced meals that reflect current nutritional guidance and support children to develop positive eating habits for life.

This policy should be read alongside the school's Health and Safety Policy, Supporting Pupils with Medical Conditions Policy and Allergy Management Procedures.

2. Aims

This policy aims to:

- Promote healthy eating habits across the school.
 - Encourage children to make informed food choices.
 - Support pupils' health, wellbeing and learning.
 - Ensure packed lunches provide a balanced and nutritious meal.
 - Protect children with allergies and medical conditions.
 - Foster a consistent approach to healthy eating throughout the school community.
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3. Healthy Packed Lunch Expectations

We encourage packed lunches to include foods from the main food groups outlined in the UK Eatwell Guide.

A healthy packed lunch should include:

Starchy Foods

Such as:

- Wholemeal or white bread
 - Wraps
 - Pitta bread
 - Pasta
 - Rice
 - Couscous
 - Crackers

Fruit and Vegetables

At least one portion of fruit and one portion of vegetables or salad.

Examples include:

- Apple, banana, orange or grapes
 - Carrot sticks
 - Cucumber
- Cherry tomatoes
 - Mixed salad

Protein Foods

Such as:

- Lean meat
 - Chicken
 - Tuna
 - Egg
- Cheese

- Hummus
- Beans or pulses

Dairy or Alternatives

Such as:

- Cheese
 - Yoghurt
 - Fromage frais
 - Dairy-free alternatives
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4. Drinks

The following drinks are permitted:

- Water
- Milk
- Sugar-free milk-based drinks
- Diluted fruit juice (occasionally)

We ask that children do not bring:

- Fizzy drinks
- Energy drinks
- High-sugar drinks

Children have access to drinking water throughout the school day.

5. Foods We Discourage

To support healthy eating, we ask that packed lunches do not regularly contain:

- Sweets
- Chocolate bars
- Large quantities of chocolate confectionery
- Cakes and biscuits in excessive amounts
- Sugary desserts

- High-sugar snacks

An occasional treat as part of an otherwise balanced packed lunch is acceptable; however, healthier choices are encouraged.

6. Nut Free School

Bede Community Primary School is a **Nut Free School**.

Several pupils may have severe allergies where contact with nut products could result in a serious allergic reaction.

Parents and carers **must not** include any of the following items in packed lunches:

- Peanuts
- Peanut butter
- Mixed nuts
- Nut-based snack bars
- Nut-containing confectionery where nuts are clearly visible
- Any other products containing nuts as a primary ingredient

Parents and carers are asked to carefully check food packaging before sending food into school.

Whilst it is impossible to guarantee a completely nut-free environment, the school will take all reasonable steps to minimise the risk of exposure to nut products.

7. Special Diets and Medical Needs

The school recognises that some children may require special diets due to:

- Allergies
- Medical conditions
- Cultural requirements
- Religious beliefs

Parents and carers should inform the school of any special dietary requirements and work with staff to ensure appropriate arrangements are in place.

Children must not share or swap food with other pupils.

8. Dining Arrangements

All children will be provided with a safe, welcoming and inclusive dining environment. Children bringing packed lunches will eat alongside children having school meals and will be encouraged to follow good table manners and healthy eating habits.

9. Partnership with Parents and Carers

We value the support of parents and carers in promoting healthy lifestyles. Where concerns arise regarding the nutritional content of a packed lunch, school staff will work respectfully with families to offer advice and guidance rather than taking a punitive approach. Our aim is to support families in making healthy choices while recognising individual circumstances.

10. Monitoring and Review

The school may periodically monitor packed lunches to support healthy eating initiatives and ensure compliance with this policy. Where food items present a significant allergy risk, staff may ask that they are taken home and replaced with a suitable alternative. This policy will be reviewed every three years or sooner if changes in legislation or guidance require it.

Approved by:

Resources Committee

Date: