



ALEC REED ACADEMY
PROUD TO LEARN

Whole School Food and Drink Policy (Packed Lunch Policy) In Primary Phase

Policy Owner:	Katie White	Approval Date:	September 2025
Review Date:	September 2027	Reviewed By:	Board of Trustees

ALEC REED PRIMARY SCHOOL'S PACKED LUNCH POLICY

1. Introduction

At Alec Reed Academy we are committed to promoting the health and wellbeing of all our pupils. As part of this commitment, we recognise the important role that a healthy, balanced diet plays in supporting children's growth, development, and learning. This school food and drink policy has been developed to ensure that the food brought into school by pupils reflects our values around nutrition and health, complements our approach to healthy school meals, and supports consistency across the school day.

This policy sets out clear guidelines and expectations for the contents of packed lunches brought from home. It is designed to help parents and carers provide nutritious meals that meet children's dietary needs, support positive eating habits, and align with national guidance and standards.

We aim to work in partnership with families to create a supportive food culture that encourages lifelong healthy eating habits and contributes to a healthier school environment for everyone.

2. Aim

The aims of this whole school food and drink policy are to:

- 1. Promote healthy eating habits**
Encourage children to eat a balanced, nutritious lunch that supports their physical health, mental wellbeing, and ability to concentrate and learn effectively.
- 2. Support consistency across the school day**
Ensure that the food brought from home complements the standards of the food provided by the school and reinforces consistent messages about healthy eating.
- 3. Educate pupils and families**
Provide guidance to pupils, parents, and carers on making informed, healthy food choices, in line with national dietary recommendations.
- 4. Foster a positive food culture**
Create a school environment where healthy food is valued and celebrated, and where children are encouraged to try a variety of nutritious foods.
- 5. Reduce the risk of diet-related health issues**
Help prevent childhood obesity, tooth decay, and other health problems by supporting better food choices at lunchtime.
- 6. Support inclusion and safety**
Ensure packed lunches respect the dietary needs of all pupils, including

allergies, intolerances, religious or cultural requirements, and medical conditions.

7. **Minimise waste and promote sustainability**

Encourage the use of reusable containers and reduction of single-use packaging in packed lunches to support environmental responsibility.

3. The policy

- The school will work with parents to ensure that packed lunches abide by the standards.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.
- We request that no items containing nuts are consumed during lunch times due to allergies.
- Due to choking hazards, grapes and cherry tomatoes must be cut into quarters.

Food contained in a packed lunch

Packed lunches should be based on the Eat Well plate model and **should** include the following every day:

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals. Wholemeal/ brown varieties are recommended.
- Dairy foods such as milk, cheese, yoghurt, fromage frais
- Water

To keep packed lunches in line with the food-based standards for school meals, packed lunches **should not** include:

- High fat, high salt, high sugar snacks such as sweet or flavoured popcorn and other high fat / salt packet savoury snacks such as crisps.
- Confectionery such as chocolate bars, sweets and chewing gum.
- Chocolate spread as a sandwich filling.

- Fizzy / sugary drinks, this includes fruit juice, cordials/ squash, diet drinks, and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children. **Children should be consuming water as a drink at lunch time.**

On Friday's we allow packed lunches to bring one treat. These can include:

- Meat products (such as sausage rolls, individual pies, corned meat and sausages / chipolatas), crisps, cakes and biscuits.
- **Fizzy drinks or drinks with high sugar content are not allowed on any day.**

Special diets and allergies

As a school, we adopt a nut free policy.

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.

Health and safety

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend the use of re-usable containers to encourage sustainability.

To avoid a choking hazard, grapes and cherry tomatoes must be cut into quarters.

Storage of Packed Lunches

The school provides lunch trolleys for packed lunch bags, in the most convenient place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Assessment, evaluation and reviewing (Including the healthy schools token system):

- Packed lunches may be regularly reviewed by midday meal supervisors and school and health ambassadors.

- Healthy lunches that include at least one portion of salad/vegetables and fruit and none of the 'Friday only Foods' (see above) will be rewarded with a token on Mondays to Thursdays.
- The year group with the most tokens at the end of every half term will receive a reward of 30 minutes of outdoor games to promote healthy eating.
- School meal pupils will also receive a token if they consume fruit, salad or vegetables with their meal.

7. Dissemination of the policy

- The school will write to all new and existing parents / carers to inform them of the policy.
- The policy will be available on the school's website for reference.
- The school will use opportunities such as parents' evenings to promote this policy as part of the whole school approach to healthier eating.
- All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

8. Policy Review

This policy will be reviewed as part of the schools agreed policy review process. In addition to any major legislative or governmental changes regarding school food may lead to this policy being amended before the review date. Any changes will be shared accordingly with parents and carers.