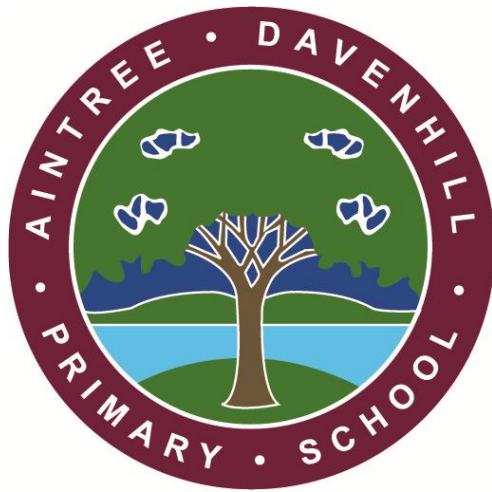


Aintree Davenhill Primary School



Packed Lunch Policy

Review Date: July 2026

Aim

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food.

Why do we need a policy?

The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and ***The School Food Trust*** which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help children to:

- **Be fitter and healthier now and later in life**
- **Learn more quickly and behave better**

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of 'complex carbohydrates' such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

Who does it apply to? When and where?

To all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

The policy

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available
- The school will provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below
- Parents will need to provide children with a suitable container which they could eat their lunch from (rather than need to take food out and place it straight onto the table) – a plastic box with a removable lid is ideal
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible
- Children must only eat food provided from home that is in their packed lunch

Guidance

Suggestions for food to include in packed lunches

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- Oily fish, such as salmon, at least occasionally

- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- Cereal bars rather than cakes or biscuits
- A drink – water is best or fruit juice, milk, yoghurt or milk drinks and smoothies

Suggestions for food to be included *less often* in packed lunches

- Snacks such as crisps
- Chocolate coated biscuits or wafers
- Meat and pastry products such as sausage rolls and pies

Food that *should not* be included in packed lunches

- Confectionary such as chocolate bars
- Sweets
- Nuts, peanut butter or any other product containing nuts
- Fizzy drinks

Waste and disposal

The school will send any uneaten packed lunch food items back home. The rationale for this is that parents can monitor what their child has consumed during the day and then raise any concerns over their child's food intake with school.

Special Diets

Aintree Davenhill recognises that some children have verified medical conditions requiring 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.

Assessment, Evaluation and Reviewing

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Information relating to pupils on special diets will be shared with lunchtime staff.

Publication of the Policy

The school will share a copy of this policy with all new parents and carers as part of the induction process. The policy will also be available on the school's website. The school will use opportunities such as parents' evenings to promote this policy as part of a 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.