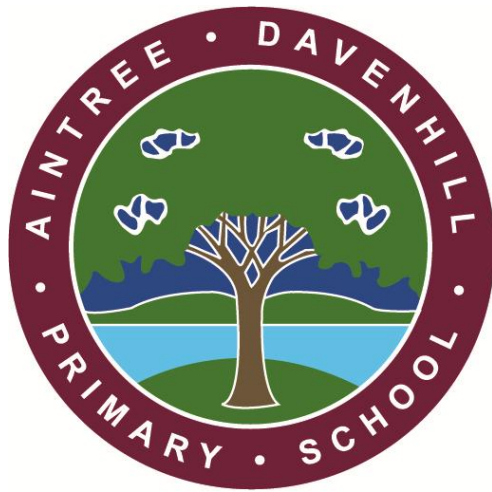


# Aintree Davenhill Primary School



## Packed Lunch Policy

Review Date: July 2026

## **Aim**

This policy is in place to:

- Provide guidelines on the expectations for packed lunches brought from home
- Ensure packed lunches brought from home provides children with healthy, balanced and nutritious food, which meets their needs to be physically active, to learn, grow well, and be healthy.
- Comply with food hygiene and safety regulations.
- Meet requirements for nutrition, independence and self-care.
- Protect children with allergies and dietary needs.

## **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 Children's Food Trust (formerly 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/Carers 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 appropriate dining room arrangements.
- The school will work with Parents/Carers to ensure that packed lunches align with the guidance in this policy.
- Parents/Carers should provide children with a suitable container which they can 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, Parents/Carers are advised to send lunch boxes in insulated bags with freezer blocks when appropriate.
- All lunchboxes must be clearly labelled with the name of the child that it belongs to.
- Parents/Carers must ensure that the food provided is suitable for their child's individual developmental needs and is prepared in a way to prevent choking.
- Children must only eat food provided from home that is in their packed lunch.

### **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

### **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

### **Safe Storage & Handling of Packed Lunches**

To ensure compliance with food safety:

- Refrigeration is not available; therefore Parents/Carers should pack food that remains safe at room temperature.
- School will provide an appropriate storage area for packed lunch bags.
- All packed lunches must be provided in a clearly labelled, insulated lunchbox. In warmer months, it may be necessary to include ice packs to keep perishable food fresh.
- Staff will monitor lunches for compliance with food safety and healthy eating standards.
- Any unsafe or unsuitable food will be returned home, and Parents/Carers will be informed.
- Children are only allowed to eat their OWN food.

### **Parental Notification (Food Allergies)**

- Parents/Carers must notify the school in writing of any food allergies, intolerances, or dietary requirements. We recognise that some children may require a special diet. In this case Parents/Carers should notify the school.
- Staff may inspect lunchboxes to ensure adherence to food safety and allergy guidelines

## **Allergy & Food Safety Policy Compliance**

- We operate a strict NO-NUT policy—any nut-based products will be removed and returned to Parents/Carers.
- All food must be safely prepared and stored at home following food hygiene guidelines.
- Parents/Carers must ensure food is fresh and appropriate for their child's dietary needs.
- Any concerns about a child's diet or food safety will be discussed with Parents/Carers.
- Make sure that food provided is in manageable pieces and is not a choking hazard for your child

[Early Years Choking Hazards Poster - Foundation Years](#)

[Early Years Choking Hazards Table - Foundation Years](#)

[Preparing Food Safely for young children \(video\) - Early Start Nutrition](#)

## **Waste and disposal**

The school will send any uneaten packed lunch food items back home. The rationale for this is that Parents/Carers 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/Carers 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/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/Carers' meetings 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.