



Hamp Nursery & Infants' School

Packed Lunch Policy

2025 - 2026

Hamp Nursery and Infants school is a nut-free establishment.

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Aim

To ensure that all children who bring a lunch from home to consume in school (or on school trips) have food which is just as healthy and nutritious as food now served in school and regulated by national standards.

Why 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 quicker and behave better, through increased concentration and stamina improving their focus, attention and emotional regulation.

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. Please visit www.schoolfoodtrust.org.uk for more information.

Who does the policy apply to

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

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available, at lunchtimes and throughout the day.
- The school will work with the pupils to provide attractive and appropriate dining resources and arrangements.
- The school will ensure children eating packed lunches sit alongside children eating hot school meals, and are supported by familiar adults, who can encourage good eating habits.
- 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 clean container to store and transport their food safely. The school will provide a plate for the table for children to transfer their food.
- Parents will need to provide any cutlery necessary for salads or yoghurts etc.
- Children must only eat their own food and not other children's.
- The school will ensure parents are aware of what their child has eaten by sending home any leftovers if safe and hygienic to do so.

PACKED LUNCHES SHOULD INCLUDE:

- At least one portion of fruit or vegetables every day
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad)
- Oily fish, such as pilchards, salmon or tuna occasionally
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals daily
- Dairy food such as milk, cheese, yoghurt or fromage frais
- Cereal bars rather than cakes and biscuits
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip
- One cake or biscuit (sweet treat) can be included as a dessert.

PACKED LUNCHES SHOULD NOT INCLUDE:

- snacks such as crisps (instead you could include seeds, vegetables and fruit – savoury crackers or breadsticks served with fruit, vegetables or dairy food)
- confectionery such as chocolate bars, sweets are not allowed at lunch or any other time
- more than one sweet treat
- any drinks, as milk and water is supplied

The school recognises that some pupils may require special diets that don't exactly conform to the school food standards. In such circumstances parents should contact Mrs White or Mrs Burrows, our medical co-ordinator, to discuss their child's allergies or special requirements. In this case, parents should take care to ensure those packed lunches are as healthy as possible.

In all cases: all items in packed lunches must be completely nut-free, including any items that may have been cross-contaminated during production.

End of Year Parties/ Theme weeks or days:

Staff felt as part of creating a healthy ethos within the school and promoting the idea of a balanced diet and life style, special exception to the above rules could be granted for special occasions such as trips and parties as they were seen as a treat, (much in the way they would be at home) and children will be able to bring in food as directed by the class teacher.

Assessment and Review

Packed lunches are reviewed by lunchtime staff as part of their supervision of the children. Staff will talk to children about healthy eating and healthy lunchboxes. This is an important policy which parents are expected to follow. Where items do not adhere to the guidelines of our 'healthy eating' packed lunches the class teacher will raise this matter with parents at the end of the day.

Publication

This policy will form part of our Induction Pack to all new parents and it will also be published on our website. All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.