

Our Lady & St Paul's R.C. Primary School

A Voluntary Academy



Healthy Snacks and Packed Lunch Policy

This policy is reviewed every year by the Headteacher.

History of Document

Issue No	Author/Owner	Date Written	Approved by Governors	Comments
1	Sophie Ahern	March 2023	March 2023	
1.1	Sophie Ahern	February 2025	February 2025	

Mission Statement

"If I am without love, I am nothing." 1 Corinthians 13:2

At Our Lady and St Paul's we encourage each other to love, learn and live as friends of Jesus Christ.

We aim...

- to encourage every member of our school community, children and adults, to grow in faith.
- to encourage a love for learning and a thirst for knowledge to enable all children to reach their full academic potential.
- to encourage our children to grow and develop their talents, skills and enquiring minds.
- to encourage our school community to have trust, respect and love for everyone.

We will achieve this by...

- providing opportunities for prayer, worship and Religious Education.
- providing an engaging curriculum which will inspire lifelong learning.
- providing opportunities for children to have enriching experiences beyond the classroom.
- providing opportunities for our school to reach out and embrace the parish and wider community.

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Contents:

Statement of intent

1. Legal framework
2. Aims and objectives
3. Healthy Snacks
4. Food and drink in packed lunches
5. Storage and waste disposal
6. Allergies and special diets
7. What the school will provide
8. Breaches of the policy
9. Monitoring and review

Statement of intent

Our Lady & St Paul's understands the importance of developing healthy food habits in children. The beneficial effects these habits have on concentration, overall school performance and prevention of obesity, are examples of why a healthy packed lunch policy should be enforced.

Our Lady & St Paul's meets the requirements of the School Food Standards and aims to maintain these standards across all packed lunches and school dinners.

1. Legal framework

This policy has been created with regards to the following guidance:

- School Food Plan 'School Food Standards' 2023
- DfE 'School Food Standards Practical Guide' updated January 2025

2. Aims and objectives

While maintaining this policy, Our Lady & St Paul's aims to:

- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents clear guidance on providing a healthy packed lunch.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches.
- Improve the quality of packed lunches that pupils consume.

To comply with our healthy eating policy, parents are required to:

- Provide pupils with healthy packed lunches containing recommended food groups.
- Inform children of the importance of healthy eating.

3. Healthy Snacks

Children in EYFS (Nursery & Reception) and KS1 (Year 1 & Year 2) are entitled to free fruit and vegetables provided by school each day during break times.

Children in KS2 (Years 3 – Year 6) are able to bring their own piece of fruit or vegetable into school for their snack.

Snacks that are not permitted to be brought into school for snacks are as follows:

- Chocolate bars
- Sweets
- Sugary Cereal Bars

4. Food and drink in packed lunches

Based on the School Food Standards, packed lunches at Our Lady & St Paul's will contain the following:

- One portion of fruit, vegetable or salad
- Meat, fish or another source of non-dairy protein
- Carbohydrates, such as bread, pasta, rice or potatoes
- Dairy, such as cheese, yoghurt or custard
- Only water, fruit juice, sugar free juice, milk, yoghurt drinks or smoothies

As part of our policy, all school packed lunches will contain a balance of foods from each food group.

Packed lunches will contain snacks that comply with Our Lady & St Paul's healthy eating policy – these may include, but are not limited to the following:

- Chopped vegetables, carrot or celery sticks
- A portion of fruit
- Breadsticks

To allow for the promotion of healthy eating, the following food and drink are **not permitted** by Our Lady & St Paul's:

- Chocolate bars or chocolate coated biscuits
- Other confectionery items such as sweets or chewing gum
- Carbonated drinks or those containing high levels of caffeine
- Energy Drinks

The following may be included as part of a balanced diet:

- Plain biscuits and cakes, to limit sugar intake

5. Storage and waste disposal

Packed lunches will be kept in appropriate containers in the correct storage facilities.

Any food not consumed by a pupil will be sent home with them.

6. Allergies and special diets

Our Lady & St Paul's understands that some pupils may have allergies to some foods, or have dietary requirements that do not adhere to this policy. In these cases, pupils affected by specific dietary requirements will be provided with a packed lunch that is as healthy as possible.

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Pupils are not permitted to share or swap any food, including that provided from home in a packed lunch or snacks.

Food provided for pupils with allergies will be managed in accordance with the Allergen and Anaphylaxis Policy.

7. What the school will provide

In accordance with DfE's guidance 'School food in England' 2016, Our Lady & St Paul's will ensure that pupils have access to free, fresh water at any time.

Clean dining areas are available for all pupils; Our Lady & St Paul's will allow all pupils to sit together regardless of whether they are having a packed lunch or a school dinner.

Advice for parents regarding our policies and healthy eating regulations will be available at all times.

Staff and catering members will undertake regular inspections of packed lunches, to ensure that they comply with this policy.

Promotion of healthy eating through the National Curriculum and extra-curricular activities and opportunities.

8. Breaches of the policy

Where concerns arise about the contents of a pupil's packed lunch, this will be dealt with appropriately. Leaflets will be sent home in the packed lunch explaining the school's policy.

Food that is not part of the agreed list will be returned to the parent at the end of the day. The school will provide alternative food items.

If a pupil brings a lunch that is completely inappropriate, the school will provide a replacement meal for which parents will be charged and reminded of the school policy.

If a pupil continues to bring a lunch that is not in line with this policy, the school will contact parents to discuss this further.

9. Monitoring and review

The Headteacher will review this policy annually, and ensure that all procedures remain current and up to date.

The governing board will work with the school to review the packed lunch policy and provide advice and support where needed.

Any changes to government guidance regarding school food standards may lead to changes in this policy.

All staff will be notified of any changes made to this policy.

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