



Packed Lunch and Food From Home Policy

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1. Rationale

At St George's, we believe that every child deserves to flourish – physically, emotionally and spiritually. As part of our Christian vision to help everyone flourish, serve the community, and build one another up, we recognise the role that food plays in children's wellbeing, learning and development.

A consistent approach to food from home helps us to:

- Promote healthy, balanced eating habits from the earliest years
- Support children with allergies, intolerances and medical needs
- Reduce food-based stigma and comparison between peers
- Foster a calm, respectful dining culture
- Safeguard our youngest pupils from choking risks and unsafe food

This policy reflects the 2024 EYFS Nutrition Guidance, the DfE School Food Standards, and Public Health England's advice on early years nutrition. It also supports our responsibilities under the School Food Plan, Ofsted expectations and our duty of care to every child.

2. Scope

This policy applies to all food brought into school, including:

- Packed lunches
- Snacks for breaktimes
- Food for school trips or journeys
- Birthday or celebration treats
- Food brought for breakfast or after-school clubs

It applies to all pupils, staff and families from Nursery to Year 6, and to any visitors bringing food into school.

3. Aims

- We aim to:
- Ensure food from home supports healthy growth and development
- Align packed lunches and snacks with national nutrition standards
- Promote dignity, equality and inclusion for children with dietary needs
- Protect all children from known allergens and choking hazards
- Model Christian values of care, responsibility and mutual respect

4. Food from Home: What Is Allowed

Packed lunches and snacks must include the following every day:

Core components:

- A starchy carbohydrate (e.g. wholemeal bread, wrap, pasta, rice, potatoes, couscous)

- A source of protein (e.g. meat, fish, egg, lentils, beans, hummus)
- One portion of fruit and one portion of vegetables
- A dairy product or calcium-fortified alternative (e.g. yoghurt, cheese)
- Plain water (provided by school if not sent in)

Occasional items – permitted only on Fridays (Treat Day):

- One small cake or biscuit (maximum 50g)
- One small packet of crisps or savoury snack (maximum 35g)
- One sweetened item such as a cereal bar or flapjack (maximum 30g)

What is allowed in your lunch box:

A sandwich, pitta pocket, wrap etc which must have a healthy filling

pasta salads

Soup in a flask

Water

milk

juice with no added sugar

Portion of vegetables – cucumber, tomatoes, chopped peppers

Reduced fat cheese

A piece of fruit or fruit salad

Healthy Snacks

- *Cheese and crackers
- *Pretzels-small amount
- *Rice cakes
- *bread sticks and low fat dips
- Low fat and sugar free yoghurts or fromage frais
- *Malt loaf

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-tips>

5. What Is Not Allowed

The following are not permitted at any time:

- Fizzy drinks, flavoured waters, squash or juice cartons
- Sweets, confectionery, chocolate bars or chocolate-coated biscuits
- Products containing added caffeine or energy additives
- Nuts or nut products (we are a nut-free school)
- Meat and pastry products such as sausage rolls or pork pies more than once per week
- Whole grapes, cherry tomatoes or similar choking hazards unless cut lengthways
- Food past its use-by date#

What is not allowed in your lunch box: ❌

Drinks with too much sugar

Take away food- High in fat and salt

Items with too much salt and sugar

Friday only foods:

CRISPS

1 packet only -average size not large family

or

Cereal bar

or

cake

No chocolate items – on any day (Spread, cakes, bars, yoghurts)

Foods which are not following the policy will not be allowed to be eaten in school.

6. EYFS-Specific Considerations

In line with the 2024 EYFS Nutrition Guidance:

- Portion sizes must be appropriate to age and appetite
- Grapes, cherry tomatoes and similar items must be halved lengthways
- Avoid foods that pose choking risks (e.g. whole nuts, hard sweets, popcorn)
- Water is the only drink permitted for children under five
- Parents of children aged 1 to 4 are encouraged to use the NHS Start for Life resources

7. Special Dietary Needs

We recognise and respect dietary requirements arising from medical, religious or cultural needs. To support this, we:

- Ask families to notify the school in writing of any dietary restrictions
- Encourage alternative food choices that meet our healthy eating standards
- Do not allow children to share or swap food items under any circumstances

8. Food Storage and Safety

- Packed lunches should be sent in a named lunchbox or reusable container
- Carrier bags and glass containers are not allowed
- Hot foods should be sent in a thermos flask – food will not be reheated on site
- Parents are advised to include an ice pack to help keep food cool

9. Monitoring and Follow-Up

Midday supervisors check food daily and apply a supportive, staged response:

Step 1: Verbal reminder to the child and/or supervising adult

Step 2: Letter home if unsuitable items are brought repeatedly

Step 3: Meeting with parents to review and support changes

Positive choices will be celebrated through stickers and praise. Healthy lunchbox workshops and resources will also be offered to families.

10. Celebrations and Birthdays

Treats for birthdays or class celebrations must:

- Be clearly labelled, shop-bought, and pre-approved by the Headteacher
- Be nut-free and allergen-aware
- Be served fairly and hygienically by a staff member

We encourage families to consider non-food alternatives such as books, pencils, or stickers.

11. Supporting Families

We understand that providing balanced food from home can be challenging. We direct families to these helpful resources:

- NHS Healthier Families Lunchbox Ideas: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>
- DfE EYFS Nutrition Guidance: [Early Years Foundation Stage Nutrition Guidance \(2024\)](#)
- School Food Standards: <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

Staff are available to provide additional guidance or reassurance on request.

12. Communication and Engagement

The policy will be:

- Shared with all families as part of new starter induction packs
- Published annually via the school newsletter and school website
- Promoted through assemblies, workshops, and PSHE sessions

All staff will be trained annually to ensure consistent implementation.

13. Review and Oversight

- This policy is reviewed annually by the senior leadership team and governing board
- Feedback from midday supervisors and the School Council will be used to improve practice
- Pupil voice will be gathered through the School Council