



'Making a difference for every child'

Healthy Lunch Box Policy

Owning Committee: FGB

Owning Governor: Mary Downes

Owning School rep: Julie Robinson

Date of Approval: Sep 26

Date of next review: Sep 28

AIM OF DOCUMENT: The aim of this policy is to support children to develop healthy, balanced eating habits and to ensure that packed lunches provide the nutrition and energy they need for a busy day of learning and play. We want to work positively with families to encourage healthy choices while recognising individual dietary, cultural and sensory needs.

IN EVENT OF CONCERN/QUESTIONS: Contact the owning governor, contact details available through the school administrator.

HOW DOES THIS DOCUMENT HELP THE CHILDREN? This policy helps children to make healthy food choices that support their energy, concentration, wellbeing and readiness to learn.

Revision History

Version	Update details	Date of approval
1	New Policy written by staff at school	October 2026

1. Our aim

At Sheet Primary School, we want children to develop healthy habits that support their physical health, emotional wellbeing and readiness to learn. This includes regular exercise, nutritious food, drinking water and getting appropriate rest and sleep.

This policy supports children's health and wellbeing by encouraging healthy, balanced packed lunches and consistency with the principles of the Government's School Food Standards. It applies to packed lunches brought from home for eating in school and on school trips.

2. Working with families

We recognise that children have different tastes, sensory preferences, cultural requirements and dietary needs. Our approach will be supportive and proportionate. Staff may speak privately with families where a packed lunch regularly falls outside these guidelines and can offer practical suggestions where helpful.

- Children should bring a named water bottle to school every day.
- At break time, children may have fruit or vegetables. Packed-lunch treats and snacks should be kept for lunchtime.
- Food should not be swapped or shared between children because of allergies, intolerances and individual dietary needs.
- Where possible, please use reusable containers and reduce unnecessary single-use packaging.

3. Allergies and special diets

- Nuts, peanut butter, humous and nut-based spreads must not be brought into school because members of our school community have serious allergies.
- Although we take sensible precautions, the school cannot guarantee a completely nut-free environment.
- Parents/carers should ensure the school is informed of any diagnosed allergy, intolerance or medically required special diet.
- Children must not share or swap food.

Where a child has a medical or additional need that affects eating, the school will work with the family and relevant professionals so that reasonable individual arrangements can be made.

4. Packed lunch practicalities

- Packed lunches are eaten alongside school meals and are supervised by school staff.
- Please provide food in a secure, clearly named lunchbox or bag.
- An ice pack is recommended in warm weather, particularly for foods that need to be kept cool.
- A small, secure food flask may be used for suitable warm foods such as soup or pasta, provided the child can manage it safely and independently.
- Uneaten food may be sent home so parents/carers can see what their child has eaten.



Building a Healthy Packed Lunch

Making
a difference
for every
child

Tasty food • Happy bodies • Ready to learn!

At Sheet Primary School we encourage packed lunches that are healthy, nutritious and give children the energy they need for a busy day of learning, playing and being active.

1. Fruit and vegetables

At least 1 portion every day



Apple, banana, berries, grapes, carrot, cucumber, pepper, melon, orange, pear, sugar snap peas

Top tip: try a variety of colours!

2. Protein foods

At least 1 portion every day



Chicken, ham, tuna, eggs, cheese, lentils, chickpeas, houmous, falafel, beans

3. Starchy foods

At least 1 portion every day



Wholemeal bread, rolls, wraps, pitta, pasta, rice, couscous, potatoes (not crisps), noodles, rice cakes (non-yoghurt or chocolate coated)

4. Dairy foods

At least 1 portion every day



Cheese, yoghurt, fromage frais, semi-skimmed milk

5. Drinks

Bring a water bottle every day



Water (we provide water refills), semi-skimmed milk, no added sugar yoghurt drink. Fruit juice or smoothie (maximum 150ml).

6. Occasionally

Not every day



Sausage roll, individual pies, biscuits, cake, flapjacks (choose smaller portions and lower sugar options).

Please do not include...



Crisps Chocolate Sweets Fizzy drinks Nuts or nut butters

We are a nut-aware school due to allergies. Please do not include nuts, peanut butter or nut based spreads. No crisps, chocolate, sweets or sugary drinks.

Helpful reminders

- ✓ Use a lunchbox and take your rubbish home so we can see what you have eaten.
- ✓ A small thermos flask for soup or warm pasta is fine.
- ✓ Ice packs are a good idea in hot weather.
- ✓ We do not have fridges in classrooms.
- ✓ We do not share food.
- ✓ Please let us know if your child has any allergies or special dietary requirements.



Healthy choices
help us to...



Positivity

Be the best we can be



Effort

Keep trying



Kindness

Look after each other



Courage

Be brave



Respect

Value everyone



Good food fuels great learning!

