PACKED LUNCHES POLICY



Our Lady of the Rosary Catholic Primary School

Our Lady of the Rosary is dedicated to the development of the whole child within the love of a Catholic Community.

Updated October 2026

OUR LADY OF THE ROSARY SCHOOL
PACKED LUNCH POLICY

Our Lady of the Rosary Primary School aims to ensure that all packed lunches brought from home and consumed in school time provide children with healthy food that is similar in its nutritional value to food served in schools, which is now regulated by national standards (The Education (Nutritional Standards & Requirements for School Food) Regulations 2007).

This policy has been developed:

- To make a positive contribution to children's health and wellbeing
- To maintain the Healthy Schools Status.
- To promote consistency between the nutritional value of packed lunches and food provided by schools which, from September 2008, must adhere to national standards set by the government.

FOOD AND DRINK IN PACKED LUNCHES

- The school will ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide clean and inviting dining arrangements.
- The school will ensure the children have washed their hands before and after eating
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks to prevent food from spoiling.
- Any food provided must be safe for all children, therefore glass bottles and tins are not permitted, neither are hot liquids that may cause scalding.
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child.

FOR A BALANCED PACKED LUNCH IT IS ADVISED TO SELECT FOOD FROM THE FOLLOWING CATEGORIES:

- ✓ at least one portion of fruit and one portion of vegetables every day
- ✓ meat, fish (including oily fish such as Salmon, maximum twice a week) or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, falafel) every day
- ✓ a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereal every day
- ✓ dairy food such as milk, cheese, yoghurt, fromage-frais or custard everyday

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- ✓ plain water, unsweetened pure fruit juice

AVOID INCLUDING THESE FOODS IN PACKED LUNCHES:

- × Nuts and nut products
- × Snacks such as crisps because of the high fat and salt content
- × Confectionery such as chocolate bars' chocolate coated biscuits, cakes and sweets because of the high fat, salt and sugar content
- × Meat products such as sausage rolls, pies, corned meat and pepperoni because of the high fat and salt content
- × Fruit flavoured squash because of the high levels of sugar and preservatives
- × Hot foods or drinks that could result in scalding
- × Processed food
- × Home baked goods including nuts

The school also recognises that there may be children with special diets or allergies that does not allow for the standards to be met. In these circumstances parents are urged to ensure that these packed lunches are as healthy as possible, and should seek advice if unsure. It is to the discretion of the school as to the allowances made.

Due to food allergies, special diets and parental responsibility for their own child, children are not permitted to swap packed lunch items.

PROHIBITED VS PERMITTED ITEMS

Prohibited (Intentional Nut Products): Explicit nut-containing items like whole nuts, peanut butter, Nutella, marzipan, pesto, and cereal or chocolate bars with nuts listed as ingredients.
Permitted ("May Contain" Labels): Items carrying precautionary *"may contain traces of nuts"* labels are generally allowed, as these reflect cautious manufacturing rather than the deliberate addition of nuts and help prevent an unenforceable scope.

While intentional nut products are banned from school, the school cannot guarantee a 100% trace-free environment.

ASSESSMENT, EVALUATION AND REVIEWING

- o Packed lunches will be regularly reviewed by teaching staff/teaching assistants/midday meal supervisors
- o The packed lunches at Our Lady of the Rosary that include healthier options will be acknowledged and rewarded.

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- As part of our duty of care, if a child regularly brings a packed lunch that does not conform to the policy the schools will contact the parents to discuss this.
- Pupils with special diets or food allergies will always be given due consideration

INVOLVEMENT OF PARENTS/CARERS

Parents are free to choose to provide their children with a packed lunch but this must adhere to the Packed Lunch Policy. Parents are invited to discuss this by appointment and will have access to the policy and any Healthy schools literature released to help guide and support them in this.