



UPSHIRE PRIMARY FOUNDATION SCHOOL

SNACK & PACKED LUNCH POLICY

Mission Statement

At Uphire Primary Foundation School, we aim to provide opportunities for the children to achieve their full potential academically, creatively, socially, physically and emotionally in a happy, supportive, caring and inspiring environment.

School Vision

INSPIRE*EXCITE*ACHIEVE

Imagine an inspiring and exciting environment where learning happens because children want to achieve!

Aims

This policy is part of our whole school food policy and aims to give clear guidance to parents/carers, pupils, governors and staff on providing healthy snacks and packed lunches.

We believe that healthy snacks and packed lunches can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

The policy applies to all snacks and packed lunches consumed within school, on school trips and school journeys taking place during the school day. It also applies to snacks and packed lunches provided by the school.

Development of the Policy

This policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day.

School meals, packed lunches and snacks represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations for healthy school meals and packed lunches, and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (e.g. crisps and chocolates) should not be included in a packed lunch and should be consumed out of school hours. Please click on links for further information:

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

[The Eatwell Guide - NHS](#)

[Lunchbox ideas and recipes – Healthier Families - NHS](#)

Breaktime snacks from home

At morning break times our pupils are allowed to consume fresh and dried fruit, rice cakes (not chocolate or caramel covered), crackers and cheese, vegetables (e.g. carrots sticks, cucumber, tomatoes etc.) and plain water.

Examples of foods and drinks not allowed are crisps, biscuits, cereal bars, fizzy drinks, juice and flavoured water.

Drinks from home

Children should only bring from home, plain water (still or carbonated). All pupils and staff always have fresh water freely available to them and can refill bottles easily.

We offer:

- Reception children – fruit free of charge and milk free for children under the age of 5. For children over the age of 5 cartons of milk are available, paid termly in advance via Coolmilk. Toast is available at breaktime at the cost of £1.25 per week.
- Year 1 and Year 2 children – fruit free of charge. Cartons of milk are available, paid termly in advance via Coolmilk. Toast is available at breaktime at the cost of £1.25 per week.
- Year 3, Year 4, Year 5 and Year 6 children – cartons of milk are available, paid termly in advance from Coolmilk. Toast is available at breaktime at the cost of £1.25 per week.

If a breaktime snack is provided which is not considered to be balanced / healthy, a member of school staff will contact parents/carers.

Content of Packed Lunches

Foods to include:-

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches and should include the following:

- **Fruit and Vegetables;** at least one portion of fruit and one portion of vegetables.
- **Protein;** meat, fish, egg or other source of non-dairy protein (e.g., lentils, kidney beans, chickpeas, hummus (not made with sesame oil) or dhal).
- **Oily Fish;** such as tinned or fresh mackerel, sardines, salmon.
- **Carbohydrate;** starchy food such as bread, pasta, rice, couscous, noodles, and potatoes.
- **Dairy;** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- **Drinks;** water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies.
- **Puddings;** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

Foods to avoid or limit:-

- Cakes and plain biscuits.
- Crisps (preferably the low fat variety).
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

Packed lunches should not include any of the following:-

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children).
- Confectionary such as chocolate bars and sweets.
- Chocolate spread as sandwich filling
- Peanuts and peanut products
- Cereals bars containing seeds and nuts
- Hummus that contains sesame oil

Allergy awareness – we are a nut free school

Whilst we acknowledge that it is difficult to enforce a completely allergen-free school, we do have pupils on roll with severe nut allergies. Therefore, we have chosen to be a 'Nut Free School.' We ask that all parents, pupils and staff to not bring certain high-risk foods onto the school premises to reduce the chances of someone experiencing a reaction.

These foods include:

- Packaged nuts
- Cereal, granola or chocolate bars containing nuts
- Peanut butter or chocolate spreads containing nuts
- Peanut-based sauces, such as satay
- Sesame seeds and foods containing sesame seeds

If food brought from home is provided which is considered a 'high risk' food, a member of school staff will contact parents/carers.

Special diets

The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. As some children in school have nut allergies, we ask parents to refrain from including chocolate spread, peanuts or peanut butter in lunches.

Packed Lunch Containers

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. During the summer months we recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

Staff

To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

Facilities for packed lunches

We will:-

- Provide appropriate facilities to store packed lunches.
- Provide free, fresh drinking water.
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches.

If a lunch is not deemed to meet nutritional standards parents will be advised on the changes that need to be made. Any sweets or fizzy drinks can be collected from the school office at the end of the day. These may be substituted with a piece of fruit and alternative drink. Thank you for your co-operation in this matter.

Working with parents and carers

We hope that all parents and carers will support this policy. We will offer advice and guidance to parents/carers on packed lunches if required. We offer a range of ways to support parents/carers e.g. regular information on newsletters, special meetings and workshops.

Policy review

This policy will be reviewed as part of the schools agreed policy review process. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended.

Confirmation that the Packed Lunch Policy in respect of Upshire Primary Foundation School has been discussed and formerly adopted by the Curriculum & Pupil Related Matters Committee on 16th January 2025