

St Anne's Catholic Primary School

Packed Lunch Policy

"We Love, We Learn and We Grow Together"

Purpose

At St Anne's Catholic Primary School we encourage healthy eating and positive lifelong food choices. This policy supports children's health, wellbeing and learning while reducing risks associated with food allergies and choking hazards. It aligns with the school's Allergy Safety Policy and Supporting Pupils with Medical Conditions Policy.

Healthy Packed Lunches

Packed lunches should include a balanced selection of:

- Sandwiches, wraps, pasta, rice or other starchy foods.
- A healthy source of protein such as chicken, tuna, egg, cheese or hummus.
- Fresh fruit and vegetables.
- A dairy item or suitable dairy alternative.
- Water is the preferred drink.

Foods We Ask Parents Not to Include

- Sweets or chocolate bars.
- Fizzy drinks or energy drinks.
- Fast food or takeaway items.
- Glass bottles or cans.

Allergy Safety

The school is committed to providing a safe environment for all pupils, including those with food allergies. Parents must inform the school immediately of any diagnosed allergy or dietary requirement. Individual Healthcare Plans (IHPs) will be followed where appropriate. Whilst every reasonable precaution is taken, the school cannot guarantee an allergen-free environment.

Nut Aware School

- No nuts or products containing nuts should be brought into school.
- This includes peanuts, tree nuts, peanut butter, chocolate spreads containing nuts, nut cereal bars and cakes or biscuits containing nuts.
- Where possible, please avoid products labelled 'may contain nuts'.
- If a nut product is brought into school, staff may remove it and contact parents/carers.

Food Sharing

- Children must never share food or drinks.
- Children should only eat food provided by their parent/carer or by the school.

- Birthday treats and food gifts will only be distributed to children at the end of the school session and parents/carers make the decision if the child can eat this treat outside of school.

Choking Prevention

For the safety of all children, the following foods must be prepared before being brought into school:

Food	Preparation
Grapes	Cut lengthways into quarters
Cherry tomatoes	Cut into quarters
Strawberries	Cut into small pieces
Sausages	Slice lengthways then into small pieces
Apples	Slice into thin wedges
Carrots	Thin batons or cooked
Olives	Stones removed and cut in half

The following foods must not be included:

- Whole nuts
- Popcorn
- Hard sweets
- Chewing gum
- Marshmallows
- Large hard sweets or gobstoppers

Children are supervised throughout lunchtime and are expected to remain seated whilst eating.

Food Safety

- Use an insulated lunch bag with an ice pack where appropriate.
- Clearly label lunch boxes and drinks bottles.
- Provide fresh food that is safe to eat.
- Avoid foods requiring reheating.

Monitoring

School staff reserve the right to monitor packed lunches where there are concerns relating to allergens, food safety, choking hazards or healthy eating. Parents/carers will always be contacted sensitively if concerns arise.

Working Together

We value the support of parents and carers in promoting healthy lifestyles and keeping all children safe. Thank you for helping us ensure every child is healthy, safe and ready to learn.