Queen's Park Primary School

Packed Lunch Policy

Introduction

At Queen's Park school we recognise that food brought in contributes to the school's overall food culture. We aim to support families in making food choices that reflect our whole-school approach while ensuring no child is excluded or made to feel different due to what they bring or eat.

Policy Commitments

School Food Standards Alignment

We strive to ensure that food brought into the school complies with school food standards, we use the standards (SFS) [Appendix 1] as a guide to ensure fairness and consistency. Families are supported with practical and inclusive advice on how to pack balanced meals and snacks through weekly newsletter and information sharing mornings.

Packed Lunches

We promote variety and balance in packed lunches, with an emphasis on including fruit, vegetables, whole grains, and protein rich foods, while avoiding items high in salt, sugar or saturated fats. Packed lunches include those brought from home as well as those provided by the school or by parents for trips.

What should a packed lunch consist of?

What should be in packed lunches ✅	What shouldn't be in packed lunches ❌	What can occasionally be in packed lunches
At least one portion of **fruit** and one portion of **vegetables**	**Salty snacks** such as crisps, or nuts, seeds, vegetables and fruit with added salt, sugar or fat.	**Meat products** such as sausage rolls, individual pies, corned meat and sausages.
Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, falafel)	**Confectionery** such as chocolate bars, chocolate-coated biscuits, chocolate spread, cereal bars, processed fruit bars and sweets.	
Starchy food (preferably wholegrain where possible) such as any type of bread (rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal	**Sugary soft drinks**, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value)	

Dairy food such as milk, cheese, yoghurt, cream cheese, fromage frais or custard	Nuts	
A drink of water, semi-skimmed milk, 1% fat or skimmed milk		

If a child brings in something that doesn't comply with the packed lunch guidelines, then:

The item will be returned at the end of the school day and a conversation will be had between school/parents. If necessary, the child will be compensated with food from the main school lunch.

Parents will be spoken to about the non-compliant item and be reminded of the packed lunch guidelines.

Staff will speak directly with the child (in an age-appropriate and supportive way) to explain why the item is not allowed, helping to build understanding.

For more ideas or support in preparing packed lunches, please speak Melissa Royle (Head of School)

We communicate these expectations through this policy, newsletters, family events, and our website. We approach any concerns with sensitivity and support.

Snacks

Children in our early years and Key Stage 1 are provided with fruit snacks daily and we do encourage children in Key stage 2 to bring a snack from home. This should be a fruit snack also.

Water-Only Policy

To support hydration and reduce sugar intake, we are committed to being a water-only school. Children can bring reusable water bottles. Exceptions may apply for specific health or SEND needs.

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Monitoring and Evaluation

- Staff observe lunch and snack times and respond to concerns with 48 hours
- Packed lunch expectations are reviewed annually with input from families

Queen's Park Primary School

Policies implementation date: 9th March 2026

Signature[s]:

Appendix

Appendix 1:

The revised standards for school food came into force on 1 January 2015 and are set out here:

School food standards practical guide - GOV.UK (www.gov.uk)