



## **EAST MORTON CE PRIMARY SCHOOL**

### **Food From Home Policy**

Anne Proctor January 2026

## School Vision

All are inspired to achieve their full potential in our loving community of life-long learners, where:

- Everyone is valued;
- Every chance is provided for all to flourish in the security of God's love; and
- Every day brings the enjoyment of life in all its fullness.

## School Values

At East Morton, 'Love' is our core value and it is from love which all of our six key values flow:

- Hope
- Peace
- Generosity
- Community
- Wisdom
- Justice

## Statement of Intent

To grow and stay healthy children need to eat a nutritionally well-balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables. Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

## Aims and Objectives of this Policy

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards. **It is not our intention to dictate what you feed your children, rather this policy is to encourage your child to make healthy choices now and as they grow in independence.**

## Suggestions for food to INCLUDE in a healthy packed lunch (not limited to)

- At least one portion of fruit or vegetables every day
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad)
- Oily fish, such as salmon or tuna occasionally
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day
- Cheese portion
- Yoghurt, fromage frais or custard
- A drink: water is best followed by semi-skimmed or skimmed milk, sugar free squash, drinking yoghurt, milk drinks or smoothies.
- Biscuit
- Cereal bars (although sugar content can be higher than expected on some cereal bars)
- bread sticks, crackers, pretzels with a dip

### 'Friday Treat Day' Occasionally, lunches could include one of the following treats:

- Crisps
- Chocolate biscuit
- Pastries
- Iced bun/cake

### Foods NOT TO INCLUDE in a healthy packed lunch

- Sweets
- Nuts or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Chocolate spread sandwiches (these have little nutritional value)
- Fizzy drinks
- Foods fried in oil

### Breaktime snacks:

Breaktime snacks should consist only of fruit or vegetables, ensuring healthy choices are reinforced throughout the school day.

### Special diets:

The school recognises that some children may have medical conditions requiring special diets that do not allow for the guidelines to be followed. In this case, parents are encouraged to ensure that packed lunches are as healthy as possible. Parents are also asked to avoid sending items containing known severe allergens where possible, to support the safety of pupils with additional dietary needs.

### Special occasions/birthdays:

Children celebrating a birthday not to bring sweets/treats to share with their class. We have a number of children throughout school with allergies and dietary requirements that mean this kind gesture is not always inclusive.

### Water

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a bottle of water to school each day - these are kept on a tray in an area of the classroom. Children are able to access fresh drinking water throughout each day and to refill their water bottle from a water cooler. In the interests of reducing plastic waste- these should be refillable bottles. Juice should not be added to water bottles.

### Supervision of lunches

Whilst supervising in the dining hall, staff will see what children are eating. This is an opportunity for them to talk with the children about food and to encourage healthy eating and drinking. **It is not our intention to tell parents what and how they should be feeding their children and we will not do so, but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older.**

### Waste and Disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

### **Packaging**

In the interests of reducing plastic waste, we strongly encourage parents to use reusable plastics wherever possible.

Links to further information:

[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthierfamilies/lunchbox-ideas-and-recipes)

### **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.

- This policy will be reviewed every 3 years, or sooner.
- To be reviewed in January 2029

Headteacher: A. Proctor

Governor Approval: A. McGonigle

Date: January 2026