



Abbey Primary School
Glastonbury Crescent
Mossley Estate
Bloxwich
Walsall
WS3 2RP
Tel: 01922 710753

Email: postbox@abbey.walsall.sch.uk
www.abbey.walsall.sch.uk

HEADTEACHER-Mr. M Gilbert

BA (QTS), NPQH

Deputy Headteacher- Mrs T Wright

BA PGCE NPQSL

MISSION STATEMENT

Nurture and Believe to Explore and Achieve

We are committed to the protection and safety of our pupils and safeguarding is a priority

Packed Lunch Policy
in conjunction with Food For Life work in Abbey Primary School

Aim:

All packed lunches brought into school are packed safely, are healthy, (based on the national standards set for school lunches) and consumed around a positive dining experience.

Rationale:

Provide an overview of your school lunch box audit process and results here.

At Abbey Primary School:

- Pupils in Reception and Key Stage One will be supported to take up their Universal Infant Free School Meal entitlement.
- We will provide a safe, clean environment for pupils to eat their packed lunch.
- We will store packed lunches in a cool, dry place.
- We will allow pupils on packed lunches and school dinners to sit together.
- We will provide free drinking water for pupils on packed lunches.
- Pupils on packed lunches with food allergies and intolerances will be supported by lunchtime supervisors.

Packed lunches should include these items every day:

- Energy food – choose wholegrain varieties like bread, pasta, couscous, rice, chapattis and wraps.
- Protein food - like meat, fish, dairy, eggs, lentils and beans.
- At least 1 or more portions of vegetables and salad.
- 1 portion of fruit.
- A dairy food – like milk, cheese, yoghurt, custard or calcium-enriched plant-based dairy alternative.



- A drink of water, milk or fruit juice.

Packed lunches can occasionally include:

(approx. once per week)

- Meat based food items like sausage rolls and pies.
- Cakes and biscuits.

Packed lunches should not include:

- Snacks high in salt like crisps – instead include plain popcorn, vegetable sticks, seeds, savoury crackers or breadsticks.
- Confectionery like sweets, chocolate bars – instead include fruit, flapjack.
- Soft drinks – fizzy drinks, squash (those labelled no-added sugar or sugar free contain harmful sweeteners and encourage a taste for sweet food and drinks).

Assessment and review:

- The School Nutrition Action Group will carry out an annual lunch box audit.
- Lunchtime supervisors will reward healthy packed lunches in line with our lunchtime reward scheme.
- The packed lunch policy will be shared with parents on the school website and if concerns are raised about the contents of children's lunchboxes, over a sustained period of time, the policy will be sent home and/or parents will be invited into school to discuss the concerns.

A note on sustainability:

Sustainable food nourishes both our health and the environment. There are some simple things we can all do to make what's on our plate, or in our packed lunch, more sustainable. See the Food for Life Packed Lunch Guidance resource for top tips on incorporating sustainability into lunchboxes, including using less single-use packaging, and trying healthy and delicious meat alternative ideas.

Useful links for further information:

- [Food for Life Packed Lunch Guidance resource](#)
- [School food standards: resources for schools - GOV.UK \(www.gov.uk\)](#)
- [Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](#)
- [What is sustainable food? | Sustain \(sustainweb.org\)](#)

Date policy approved:

Spring Term 2026

Review date:

Spring Term 2028 (or before if updates are needed)

