



Packed Lunch Guidance



CONFIDENCE • EQUITY • CURIOSITY

KING RICHARD
SCHOOL

Approved by:	R Sproson	Date:	September 2026
Last Reviewed:	September 2026	Next Review:	September 2028



Dear Parent/Guardian,

Eating a healthy diet helps children stay alert during lessons, fight off illnesses, and grow into strong, healthy adults. Evidence shows that adopting healthy eating habits at a younger age makes it more likely that children will continue these positive habits into adulthood. The School Food Policy helps to provide guidance on the provision of food during the school day and is written based on The Department for Education's 'School Food Standards'. Good food provision has been shown to lead not only to healthier children, but to improved attainment.

The 'School Food Standards' make no specific mention of packed lunches other than a suggestion that appropriate space and accommodation is provided for students to eat packed lunches. However, as of our commitment to promoting healthy lifestyles and overall wellbeing, we offer the guidance below for food brought from home.

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.

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 OCCASSIONALLY INCLUDE (approx. once per week)

Challenging all of our students supportively to become confident and curious, enhancing lives now and in the future

DCS Vision: Educate the Child – Support the Family – Defend the Nation



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).

Energy drinks or highly caffeinated drinks are not permitted on school premises.

All meals, including packed lunches, should follow the advice of the Eatwell Guide. More information on Healthy Eating, including recipe ideas and healthy lunchbox options can be found on www.NHS.uk/healthierfamilies.

Safe Storage

Packed lunches should be provided in a suitable cool bag or box and placed in the fridge in reception until lunchtime.