



South Marston Primary School

Packed Lunch and Eating Guide- June 2026

At South Marston Church of England Primary School, we recognise that many families choose to provide a packed lunch for their child. We respect individual preferences, cultural traditions and dietary requirements. However, as part of our commitment to promoting children's health, wellbeing and safety, we ask all families to follow the guidance below when preparing packed lunches.

This policy supports our responsibility to promote healthy lifestyles and, for our Pre School and Reception children, aligns with the Early Years Foundation Stage (EYFS) Statutory Framework, which requires schools to promote children's good health and provide healthy, nutritious food and drink.

Healthy Lunch Choices

We encourage families to provide a balanced and nutritious packed lunch that supports children's growth, development, concentration and learning.

A healthy packed lunch should include:

- A source of protein (e.g. meat, fish, cheese, eggs, beans, lentils or hummus).
- A carbohydrate food (e.g. bread, wraps, pasta, rice, crackers or pitta bread).
- At least one portion of fruit and/or vegetables.
- A dairy food or suitable dairy alternative.
- Water as the main drink.

We ask parents and carers to limit foods that are high in sugar, salt and saturated fat, including:

- Chocolate bars and confectionery.
- Sweets.
- Sugary desserts.
- Fizzy drinks.
- Energy drinks.

- High-sugar fruit drinks.

An occasional treat may be included as part of a balanced lunchbox; however, healthy choices should form the majority of the packed lunch.

Nut Free and Raw Egg Free School

South Marston Church of England Primary School is a nut free and raw egg free school.

To protect pupils with severe allergies, packed lunches must not contain:

- Nuts of any kind.
- Peanut butter or nut-based spreads.
- Foods containing nuts as an ingredient.
- Raw or lightly cooked egg products.

Examples of foods that should not be sent into school include homemade mayonnaise, mousse, tiramisu, unbaked cake mixtures, and other products containing raw egg.

Parents and carers should carefully check ingredient labels before packing lunches.

Whilst we take every reasonable precaution, we cannot guarantee a completely allergen free environment.

Choking Prevention and Food Safety

The safety of all children is a priority. To reduce the risk of choking, we ask that:

- Grapes are cut lengthways into quarters.
- Cherry tomatoes are cut into quarters.
- Large blueberries and similar fruits are cut appropriately.
- Stones and pips are removed from fruit.
- Sausages are cut lengthways and then into small pieces.

The following items should not be included in packed lunches:

- Whole nuts.
- Popcorn or marshmallows.
- Hard sweets.

These foods present a significant choking risk and are not suitable for school.

Drinks

Children should bring water in a clearly labelled bottle.

The following drinks are not permitted:

- Fizzy drinks.
- Energy drinks.
- High-sugar drinks.

Water supports hydration, concentration and overall wellbeing throughout the school day.

Food Storage and Packaging

To help keep food safe:

- Packed lunches should be provided in a clearly named lunchbox.
- Any food requiring refrigeration should be packed with an appropriate ice pack.
- Lunchboxes should be cleaned regularly.

We encourage the use of reusable containers where possible to reduce waste and support environmental sustainability.

Supporting Independence

Children, particularly those in Reception and Key Stage 1, are encouraged to develop independence at mealtimes. Parents and carers are therefore asked to provide foods that children can manage independently and to ensure packaging can be opened easily.

Working in Partnership with Families

We believe that healthy eating is most effective when schools and families work together. If you have any questions regarding dietary requirements, allergies or packed lunch choices, please contact the school office.

Thank you for your support in helping us provide a safe, healthy and enjoyable lunchtime experience for all pupils at South Marston Church of England Primary School.