Tolworth Infant and Junior School

Packed Lunch Policy

2026

Aims of the packed lunch policy

- To ensure that all packed lunches brought from home and consumed in school or on school trips provide the pupil with healthy and nutritious food that is similar to that served in school, (which is regulated by the National Food Standards Agency)
- The school will provide facilities for pupils bringing in packed lunches.
- The school will work with pupils to provide an attractive and appropriate dining room.
- The school will work with parents to ensure that packed lunches abide by the traffic light system set out on the next page
- As fridges are not available in the school, pupils are advised to bring in packed lunches in insulated bags with freezer blocks, if possible, in warmer weather.
- Fresh cool drinking water is always available for packed lunch pupils, but pupils should bring in their own refillable water bottles.

Why do we have a packed lunch policy?

Staff and governors recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school.

The school recognises the role we can play as part of the larger community, to promote family health and welfare.

International research shows that diets rich in fruit and vegetables and low in fats, salt and sugars, are protective against cardiovascular disease including heart disease, strokes and obesity.

We therefore recognise the importance of supporting parents/carers and pupils to ensure that food brought from home to school is nutritious and healthy.

Special diets and allergies

We are a nut free school, please ensure your child does not bring nut products into school.

We recognise that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are requested to be responsible in ensuring that packed lunches are as healthy as possible.

Red foods

These foods are not allowed in your lunchbox

Nuts or nut products including Nutella

Chocolate bars and sweets

Sugary drinks such as fizzy drinks and energy drinks

Amber foods

These foods could be occasionally included as part of a balanced packed lunch

High salt or fat snacks such as crisps, snack-a-jacks, crackers

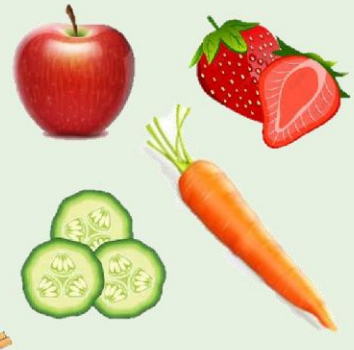
Processed meat products such as sausage rolls, corned beef, pasties, peperami or sausages

Small plain or fruit cakes, such as scones, tea cakes or malt loaf, and plain biscuits

Green foods

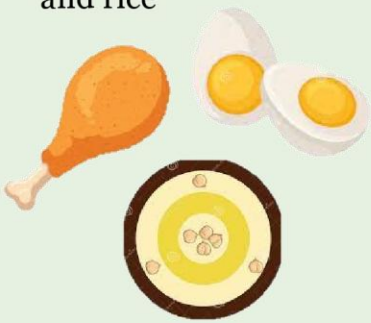
You can put these foods in your lunch box every day or as often as you like

1 portion of fruit and 1 portion of vegetables. This can include dried or tinned fruit



A type of starchy food such as bread, crackers, bagels, wraps, pasta, noodles and rice

Meat, fish or not meat source of protein (e.g. lentils, Quorn, humous, eggs, chickpeas)



Dairy foods such as milk, cheese and yogurt