



**KIDGATE  
ACADEMY**

## **Packed Lunch Policy**

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| <b>Date reviewed:</b>      | <b>February 2026</b> |                      |
| <b>Approved by:</b>        | <b>LGB</b>           | <b>February 2026</b> |
| <b>Next review due by:</b> | <b>February 2029</b> |                      |

***For Office Use Only:***

Policy Version: 1.0

To make changes to this policy, please  
email [admin@lincolnshiregateway.co.uk](mailto:admin@lincolnshiregateway.co.uk).



**Lincolnshire Gateway**  
Academies Trust

## **Aims:**

Kidgate Academy aims to encourage healthy eating habits in childhood that can influence health and well-being in later life. This will be achieved by a whole school approach to food provision and food education.

## **Why should we eat a healthy packed lunch?**

New school food standards were introduced in January 2015 to ensure all pupils are getting balanced and healthy food in school. This guidance was updated in November 2025.

We have used these standards to create our packed lunch policy and help families with ideas. A healthy packed lunch can help children to:

- Have enough energy to help concentrate and learn in the afternoon
- Keep calm and try their best
- Get important nutrients to keep their bodies healthy

[School food standards practical guide - GOV.UK](#)

## **Packed lunches at Kidgate Academy:**

- We will provide appropriate facilities for pupils eating packed lunches and ensure that fresh drinking water is always available.
- When possible, we will enable pupils eating packed lunches and pupils eating cooked lunches to sit together.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags and/or with freezer blocks where possible.
- We will work with parents to encourage packed lunches to meet the school food standards.

## **Packed lunches *should aim to include*:**

- at least one portion of fruit and one portion of vegetables every day. Please note that grapes and large blueberries need to be cut in half for those children aged 7 and under.
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread (preferably wholegrain slice bread, rolls, pitta bread or wraps), pasta, rice, couscous, noodles, or potatoes every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais every day.
- a drink of water, fruit juice (maximum portion 150mls) or milk.

## **Packed lunches can *occasionally* include:**

- Meat products such as sausage rolls, individual pies, corned meat and sausages (not more than once a week)
- Lower sugar cake such as fruit cake or malt loaf
- Plain biscuit

## **Break-time snacks**

- To consist of one of the following: Piece of fruit; rice cake; breadsticks; crackers or packet of dried fruit, etc.

## **Restricted items**

- No fizzy drinks
- No solid chocolate or chocolate bars such as Snickers, Mars Bars etc (optional: a single chocolate covered biscuit bar will be accepted)
- No sweets
- No food from fast food outlets
- Kidgate is a nut-free school; children must not bring any nuts or nut-based food products (chocolate spread, peanut butter, snack bars/biscuits, etc.) into school. This is to ensure the health, safety and well-being of other children.

## **Nut-free**

As we are a nut-free school, we aim to do all we can to ensure that there are no nut-based products on the premises. We kindly ask parents to work closely with us to make sure pack up items are nut free.

We must do all we can to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. We aim to protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk.

We ask that all parents/carers check product packaging for warnings provided for nut-allergy sufferers and if phrases such as the following are displayed, the product must not be brought into school:

- “Not suitable for nut allergy sufferers”
- “This product contains nuts”
- “This product may contain traces of nuts”

## **Monitoring, evaluation and reviewing**

Packed lunches will be regularly reviewed by teaching staff / midday supervisory assistants (MSAs).

If a member of staff becomes aware that a child has a restricted item (including fizzy drink, solid chocolate, sweets or food from fast food outlets) in their lunch, they will notify the teacher/teaching assistant/admin team who will make a note of the child and speak with the parent.

If a member of staff notices a restricted nut-based product, it will be removed from the child's packed lunch, placed in a cellophane/freezer bag, sealed, named and left at the main school office for collection. Parents will be notified.

If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this.

## **Supporting Children**

We understand that some children may need extra support with food choices, routine, or confidence at mealtimes. At Kidgate Academy, we want to work closely with parents and carers to ensure every child is supported in a way that is safe, respectful and right for them.

If your child finds eating or trying new foods difficult, please speak to a member of staff so we can work together on a supportive plan. This may include small steps, gradual changes, or agreed alternatives to reduce anxiety and help children feel confident at lunchtime.

Our aim is always to ensure children are healthy, safe and ready to learn, while promoting positive eating habits in school.

## **Policy review**

The governing board and Principal will monitor the operation and effectiveness of the school's packed lunch procedures.

This policy will be reviewed every three years. The next scheduled review date for this policy is February 2029.

## Appendix 1:

### Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta, couscous. Starchy foods give energy, fibre, vitamins and minerals.

- ✓ Bread, try different types, such as pitta bread, wraps, bread sticks or bread rolls.
- ✓ Other starchy foods, such as pasta or rice.
- ✓ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.



### Meat & Alternatives

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.

- ✓ Lean meats, such as chicken, turkey or ham.
- ✓ Include oily fish, such as pilchards, sardines or mackerel at least once every three weeks
- ✓ Cheese, such as cottage cheese, edam or soft cheese.
- ✓ Egg, such as quiche or omelette.
- ✓ Meat alternatives, such as tofu or tempeh.
- ✓ Dishes containing pulses, beans or meat, for example dahl, stew or bean salad.
- ✗ Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.
- ✗ The school does not allow nuts in packed lunches.



### Milk & Dairy Foods

Up to the age of 5, milk is provided for children who want it

- ✓ A side dish of a low fat, low sugar yoghurt or low sugar rice pudding provides calcium necessary for strong bones and teeth as well as providing protein and vitamins



### Fruit & Vegetables



Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

- ✓ Add tomato, lettuce, cucumber or beetroot to a sandwich
- ✓ Include a portion of salad or roast vegetables
- ✓ Fresh fruit, such as apple, banana or pear.
- ✓ Dried fruit, such as raisins, apricots or figs.
- ✓ Fruit salad (fresh or tinned in juice) or vegetable salad.
- ✓ Finger foods, such as cherry tomatoes, cucumber sticks or celery are good with a dip, such as hummus or guacamole.



Using fresh fruit and vegetables, which are in season can help the environment

### Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school.



- ✓ You could try adding chopped fruit into water bottles to create new flavours
- ✗ Avoid squash, fizzy drinks and flavoured water, even those labelled 'sugar free' or 'no added sugar' as these can contribute to tooth decay and have little nutritional value

### A Packed Lunch Guide for Parents

A healthy packed lunch is a balanced meal with a variety of nutrients to give your child the energy to learn, grow & develop.

### Healthier Swaps

- ✓ Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad or sugar-free jelly.
- ✓ Replace cakes and pastries with fruit bread or malt loaf.
- ✓ Replace salted savoury snacks with rice cakes or breadsticks.



### Snacks & Confectionery

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure, which can lead to heart disease and some cancers.

#### Day 1



Tuna/Quorn & cucumber pasta salad



Low fat/Low sugar yoghurt



Small bunch of grapes

Wholemeal Bread sticks



#### Day 2

Turkey/Cheese & Pepper Sandwiches with cucumber and cherry tomatoes



Small banana

Slice of fruit bread



Small pot of low sugar rice pudding

#### Day 3



Curried mayo egg/chicken & chickpeas



Wedges of plain Naan



Carrot & Cucumber Sticks

Cheese, crackers & grapes



#### Day 4

Brown rice or couscous with peas & salmon/beans



Cherry tomatoes

Low fat/Low sugar yoghurt With strawberries & Blueberries



Slice of malt loaf

### A week of possibilities!

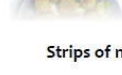
Don't forget your water every day!



#### Day 5



Hummus with falafel/chicken bites & slices of wholemeal wrap



Strips of mixed peppers



Tub of apples & raisins

Pot of sugar free jelly







## LUNCHBOX BUILDER

### CREATE A MAIN

USING A PORTION FROM EACH  
OF THE FOUR GROUPS BELOW



WHOLEMEAL BREAD



WHOLEMEAL PASTA



WHOLEMEAL PITTA



BAGEL



GRILLED CHICKEN



TUNA



HUMMUS



EGGS



LETTUCE



SWEETCORN



TOMATOES



PEPPERS

### SNACK

NOW CHOOSE ONE OR  
TWO YUMMY SNACKS



FLAPJACK



RICE PUDDING



DRIED FRUIT



BANANA BREAD



MINI PRETZELS



GRANOLA BAR



BREADSTICKS



DIPS

### FRUIT & VEG

FINALLY ADD TWO FROM YOUR  
FIVE PORTIONS A DAY



BLUEBERRIES



APPLE



STRAWBERRIES



GRAPES



BANANA



SATSUMA



SUGAR SNAP PEAS



CARROTS



CUCUMBER



CHERRY TOMATOES



BROCCOLI



CELERY