



Crestwood Community School Packed Lunch Policy May 2026

1.0 Policy Statement

At Crestwood Community School, we are committed to promoting healthy eating and ensuring food safety in accordance with:

- [Schools food standards practical guide](#) - updated: November 2025
- The Government's Public Health Service ambition for children to have a healthy weight for height range and be well nourished

We aim to support students' health, development and well-being by encouraging balanced, nutritious meals and maintaining a safe and inclusive environment for all dietary needs.

2.0 Aims

This policy is in place to:

- Provide guidelines for parent/carers on the expectations for packed lunches brought from home.
- Ensure packed lunches brought from home provide students with healthy, balanced and nutritious food, which meets their needs to be physically active, to learn, grow well and be healthy.
- Comply with food hygiene and safety regulations.
- Protect students with allergies and dietary needs.

3.0 Packed Lunch Guidelines

Drinks, such as water (Flavoured & spring water), will be available for students during the day. If providing a drink, only water, Juices etc should be given

A healthier packed lunch contains a portion of one of the four main food groups:

- **One or two portions of starchy foods**
- **At least one portion of vegetables and/or one portion of fruit**
- **One portion of eggs, meat and other proteins**
- **One portion of dairy or an unsweetened calcium enriched alternative**

Items to try and avoid:

- ✗ Sugary foods
- ✗ Crisps and processed snacks high in salt or fat
- ✗ Sugary drinks
- ✗ Nuts or nut-based products

4.0 Safe Storage & Handling of Packed Lunches

To ensure compliance with food safety:

- All packed lunches must be provided in an insulated lunchbox.
- Parents/Carers are advised to send packed lunches in suitable lunch boxes which should keep perishable food fresh.
- Refrigeration is not available, therefore parents/carers should pack food that remains safe at room temperature.
- We are unable to heat/re-heat food for food hygiene purposes. Students can bring hot food in a suitable thermos flask or container. But we would like you, as the parent/carer, to be aware of the food safety, maintaining temperature and container suitability. Key risks include bacteria growth if food falls into the “danger zone” (41*f - 140*f)
- Pot noodles or foods like this that require hot water is not be bought into school.
- Students are only allowed to eat their OWN food.

5.0 Waste and Disposal

- Food Waste - use dedicated food waste bins, which accept raw and cooked food, including meat, fish, bones, dairy and fruit/vegetables scraps.

Packaging Materials:

- **Recycle:** clean and dry plastic containers, cardboard, and aluminium foil.
- **Reusable Containers:** opt for Tupperware or containers that can be cleaned and reused, including rinsed-out plastic bags.
- **Hygiene:** wash and disinfect lunch boxes daily to ensure they are safe for reuse.

By separating materials correctly, we can significantly reduce the environmental impact of daily lunch waste in school.

6.0 Parental Notification (Food Allergies)

Parents/Carers must notify the school in writing of any food allergies, intolerances, or dietary requirements. We recognise that some students may require a special diet. In this case parents/carers should notify the school.

7.0 Allergy & Food Safety Policy Compliance

- At Crestwood we aim to minimise the risk of exposure to nuts and other severe allergens. We acknowledge that we cannot guarantee a completely allergen-free environment which is why we adopt a nut aware policy.
- The school's in-house catering operates a nut-free preparation environment. No whole nuts, peanuts, or tree-nut ingredients are knowingly used in school-prepared dishes & all our catering staff have completed allergy awareness training.
- Parents and students are requested not to bring whole nuts, nut spreads (e.g., Nutella, peanut butter), or items containing loose nuts into school.
- All food must be safely prepared and stored at home.
- Parents/Carers must ensure food is appropriate for their child's dietary needs.

8.0 Non-Compliance & Right to Refuse Packed Lunches to Safeguard all Students

Parents/Carers must adhere to our allergy, food hygiene and healthy eating guidelines.

If a lunch does not meet our standards, we reserve the right to:

- Provide a suitable meal at an additional cost to parents/carers
- Refuse packed lunches until compliance is ensured
- Report ongoing non-compliance as a safeguarding concern

If a Student comes without a packed lunch, we will call parents/carers to bring one in or charge if we have to provide lunch.

9.0 Support for Parent/Carers

If you need support in providing a healthy packed lunch, we are happy to offer guidance and resources. Please speak to a member of staff if you require any assistance.

Last reviewed: 15/06/2026

Next review due: 15/06/2029