

Together, we learn, grow and flourish. 'A farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop.'
2 Corinthians 9:6

School Lunches Policy

Last Reviewed On: September 2026

Next Review: September 2027

Healthy Eating, Snacks and School Meals Policy

1. Purpose

At Sutton Benger Primary School, we are committed to promoting healthy eating habits and supporting pupils to make positive food choices. We recognise that a balanced diet contributes to children's health, wellbeing, concentration and readiness to learn.

This policy outlines the arrangements for school meals, packed lunches and snacks brought into school and supports our commitment to creating a healthy school environment.

2. School Meals

The school provides freshly prepared, nutritious meals each day through our on-site catering team.

2.1 Ordering School Meals

- All school meals must be ordered through **ParentPay**.
- Meals must be ordered at least **48 hours in advance**.
- Payment must be made at the time of booking where charges apply.

2.2 Charges

- School meals for **Key Stage 2 pupils** are charged at **£2.65 per day** (subject to review and change).
- Pupils in **Reception, Year 1 and Year 2** are entitled to **Universal Infant Free School Meals**.
- Children may bring a packed lunch from home as an alternative to a school meal.

3. Healthy Snacks

The school actively promotes healthy lifestyle choices and encourages pupils to bring nutritious snacks for morning break times.

Parents and carers are asked to provide snacks that support healthy eating and contribute positively to children's wellbeing.

Examples of suitable healthy snacks include:

Fruit-Based Snacks

- Fresh fruit such as melon, strawberries, grapes, apples or seasonal fruits.
- Small portions of dried fruit such as mango, banana, pineapple, raisins or sultanas.
- Low-fat fruit yoghurt.
- Low-sugar breakfast cereal portions.

Savoury Snacks

- Pumpkin or sunflower seeds.
- Rice cakes with reduced-fat cream cheese and cucumber.
- Celery sticks with reduced-fat cream cheese.
- Homemade popcorn without added sugar or salt.
- Unsalted rice cakes, crackers or oatcakes.

Vegetable Snacks

- Carrot, celery, baby sweetcorn, pepper or radish sticks with reduced-fat hummus.
- Sliced apple with reduced-fat soft cheese.

5. Nut-Free Environment

Sutton Benger Primary School is a **nut-aware school** due to the serious allergies experienced by some members of our school community.

To minimise the risk of allergic reactions:

- Pupils, parents/carers and staff must not bring nuts or nut-containing products into school.
- Parents/carers should check product labels carefully before sending food into school.
- Where uncertainty exists regarding ingredients, alternative foods should be provided.

The school cannot guarantee a completely nut-free environment; however, every reasonable step will be taken to reduce risk and promote the safety of pupils with allergies.

6. Food Labelling and Nutritional Awareness

Parents and carers are encouraged to check food packaging and nutritional information labels when selecting snacks and packed lunch items.

Particular attention should be given to:

- Sugar content
- Salt content
- Saturated fat content
- Allergen information

The school supports families in making informed choices that contribute to a balanced and healthy diet.

7. Roles and Responsibilities

Headteacher

The Headteacher will:

- Ensure the policy is implemented consistently across the school.
- Promote healthy eating as part of the wider curriculum and school ethos.
- Monitor compliance with allergy-related requirements.

Staff

Staff will:

- Encourage healthy eating habits.
- Support the school's healthy eating messages.
- Report any concerns relating to food safety or allergies.

Parents and Carers

Parents and carers will:

- Order and pay for school meals through ParentPay where required.
- Provide healthy snacks and packed lunches where applicable.
- Ensure food sent into school complies with the school's nut-aware requirements.

Pupils

Pupils are expected to:

- Respect the school's healthy eating expectations.
- Follow staff guidance regarding food and allergies.
- Dispose of food waste responsibly.

8. Monitoring and Review

The Headteacher and Senior Leadership Team will monitor the effectiveness of this policy and review it annually, or sooner if changes in guidance, legislation or school circumstances require.

Sutton Benger Primary School is committed to promoting healthy eating, supporting positive lifestyle choices and ensuring a safe environment for all pupils.