



PACKED LUNCH POLICY

Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

School setting:

The pupils within our school have a wide variety of dietary and religious needs. These are vegetarian, halal, no dairy and Hindu religious requirements.

National guidance:

The policy was drawn up using a range of national documents including this template policy from the Children's Food Trust.

The policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

Food and drink in packed lunches: what the policy states

- ❖ The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- ❖ The school will work with parents to encourage packed lunches to meet the standards listed below.
- ❖ As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- ❖ Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.

Packed lunches should include:

- ❖ at least one portion of fruit and one portion of vegetables every day.
- ❖ 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 (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.
- ❖ a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- ❖ a drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.



Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal

Packed lunches should not include:

- ❖ salty snacks such as crisps - instead include seeds, vegetables and fruit with no added salt, sugar or fat. **No nuts as we are a NUT FREE school.**
- ❖ confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- ❖ sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

Special diets and allergies:

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school.

Visit www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools. **We are a NUT FREE school.**

Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by midday supervisors.

Healthy lunches will be rewarded by tokens

Where packed lunches that aren't in line with the packed lunch policy are brought into school, leaflets will be included in the packed lunch to go home. 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.

Involvement of parents/carers

We encourage all children to eat school lunches. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our packed lunch policy. In turn, the school will keep the parents informed.

Linked policies

Health & Safety

Food in Schools

PHSE

Science



Religious Education
SEND

Sharing the policy

The school will ensure that all parents/carers are aware of the policy e.g. by sharing information via the school newsletter, website and in assemblies.

The school will use opportunities such as parents' evenings and healthy living weeks to promote this policy as part of a whole school approach to healthier eating.

The policy will be shared with all school staff, including teaching and catering staff and the school nurse.

Signed: M Atkins

Dated: September 2022