



Packed Lunch Policy

Introduction:

Pupils are normally expected to eat the lunch provided by school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches that conform to the packed lunch policy.

Children in the Foundation Stage, (Nursery and Reception), cannot bring packed lunches, but, if they remain on the premises at lunch time, must eat the lunch provided by school.

This policy was produced using a range of national documents including information and a draft policy from the School Food Trust, the Food in school's toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies, (National Governors' Council (NGC) 2005).

Overall Aim of the Policy:

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

Why the policy was formulated:

The packed lunch policy was introduced for the following reasons:

To make a positive contribution to children's health

To support the school in its drive towards Healthy Schools Status

To encourage a happier and calmer population of children and young people

To promote consistency between packed lunches and food provided by school which must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information.

To whom the policy applies:

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

Food and Drink in Packed Lunches – What the Policy States:

Packed Lunches should include:

- At least one portion of fruit and one portion of vegetable every day;
- One portion of meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus) every day;
- Oily fish such as salmon at least once every three weeks;
- A starch food such as any type of bread, pasta, rice, couscous, noodles potatoes or other type of cereals every day;
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday;
- Only water, still or sparkling, fruit juice, semi skimmed or skimmed milk, yoghurt or milk drinks and smoothies to drink. (No fizzy pop).

Packed Lunch should not include:

- Fizzy drinks,
- Snacks such as crisps.
- Confectionary such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- **No nuts of any description as we have a number of pupils who have a nut allergy.**

Instead of crisps you could include, seeds, vegetables and fruit, savoury crackers or breadsticks served with fruit, vegetables or dairy food.

Special Diets and Allergies

The school recognizes that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are not permitted to swap food items.

Dissemination of the Policy:

The school will inform all new and existing parents/carers of the policy.

The policy will be available on the school's website and will be incorporated into the prospectus.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

This policy will be reviewed to take account of new developments.