



# Packed Lunch Policy

<b>PERSON RESPONSIBLE FOR POLICY:</b>	<b>MRS LOUISE PONSONBY</b>
<b>APPROVED:</b>	<b>MARCH 2017</b>
<b>SIGNED:</b>	<b>ROLE: CHAIR OF GOVERNORS</b>
<b>TO BE REVIEWED:</b>	<b>MARCH 2019</b>

## **AIMS:**

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

## **OBJECTIVES:**

- To make a positive contribution to children's health and Living and Learning Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which, from September 2006 and 2007, must adhere to national standards set by the government. Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information.
- To contribute to the self-evaluation for review by Ofsted.
- To make a positive contribution to Personal, Social and Emotional Development

## **LUNCHBOXES:**

There are a wide variety of lunchboxes on the market – involving your child in choosing a favourite colour or cartoon character can get lunch off to a good start – and don't forget to put their name on the outside of the box.

- Choose one that your child can open easily.
- Ask other parents which designs are best. Some lunchboxes, although they may look attractive, break if knocked about.
- Try to provide contents which children can open / access easily – this helps them to become independent. However, our Midday Supervisors are there to help with difficult packaging.
- Remember to include a spoon for yoghurts and a fork for pastas or salad. Using plastic cutlery means you don't lose your own!
- Our Midday Supervisors will encourage children to eat their lunch. However, as parents, we can over estimate how much our children actually eat. It is easy to put too much in!
- Include a napkin or piece of kitchen roll for sticky fingers.
- Children are asked to put uneaten food back into their lunchbox so that you can see how much has been eaten each day.

## **FOOD AND DRINK IN PACKED LUNCHES:**

- The school will provide facilities for pupils bringing packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop food going off.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (eg lentils, kidney beans, chickpeas, hummus or falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should **NOT** include:

- **Snacks such as crisps every day.** Instead include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- **Confectionery such as chocolate bars and sweets.** Cakes and biscuits are allowed but encourage children to eat these only as part of a balanced meal. If sweets or a chocolate bar is brought to school your child will be asked to leave it until they get home and an alternative snack will be sourced in school. A member of staff will telephone home as a courtesy to inform parents that an alternative choice has been sourced on that day.
- **Nuts or nut products eg peanut butter.**
- **High sugar/fizzy/diluted juices**

Special diets and allergies:

- Be aware of nut allergies.
- The school also recognises 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 also not permitted to swap food items.

## **ASSESSMENT, EVALUATION AND REVIEWING:**

- Packed lunches will be regularly reviewed by the school's leadership team and midday meal supervisors.

- Parents and pupils who do not adhere to the Packed Lunch Policy will receive a reminder of the Policy. 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.
- Please note that pupils with special diets will be given due consideration.

### **FOR INFORMATION:**

- Lunchtimes should be an enjoyable break, when children from all year groups sit together and socialise with each other.
- Please let office staff know if you would like your child to have a school meal – but we do need a weeks notice.
- Unfortunately we are unable to cater for ‘odd days’, please contact office staff about arrangements.

### **NATIONAL GUIDANCE:**

This policy was drawn up using a range of national documents, including information from the School Food Trust, the Food in Schools Toolkit (Department of Health) and Food Policy in Schools – a strategic policy framework for governing bodies (National Governors Council (NGC) 2005).

This policy should be read in conjunction with the School Lunch and Drinks policy.

Louise Ponsonby  
March 2017