

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 the pupil with healthy and nutritious food that is similar to food served in schools, which is regulated by national standards.

Description of the setting:

Swansfield Park First School educates 2 to 9 year old children from within the town and the surrounding villages. The ethnic mix is predominantly white British however the population is becoming more culturally diverse.

We are an inclusive school and seek to support children with special dietary requirements eg. Halal, Vegetarian, Coeliac, Diabetic,

The governing body established a school meals committee who were responsible for the establishing the food policy within school.

How and why the policy was formulated:

The school meal committee comprising of a school governor, the school nurse, the school cook, the Headteacher and the school administrator formulated the initial policy.

A packed lunch policy was introduced from September 2008 and was reviewed in September 2015 in order:

- To make a positive contribution to children's health and 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 schools which must adhere to national standards set by the government.

- To meet the requirements of the School Food Regulations (2015) and the School Food Plan (2013)
- To contribute to the self-evaluation for review by Ofsted.

Where, when and 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

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements so that pupils can eat food brought from home in a safe and social environment.
- 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 the food going off.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

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 (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and 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 cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches SHOULD NOT include:

- snacks such as crisps. Instead, include nuts, 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, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and 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.

We are aware of allergies and further accurate, reliable information on managing allergies in schools can be found at www.allergyinschools.org.uk

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by midday meal supervisors. Healthy lunches will be rewarded by stickers.

All parents and pupils who have a packed lunch will receive a leaflet each year to remind them about the foods allowed and how to achieve a nutritionally balanced packed lunch. 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: pupils with special diets will be given due consideration.

Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents as per the methods detailed below under “Dissemination of the Policy”.

Dissemination of the policy:

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

The policy will be available on the school's website and will be incorporated into the home /school guidance.

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.

All school staff, including teaching, kitchen staff and the school health advisors, will be informed of this policy and will support its implementation.

Linked policies:

This policy is supported by the School Food Policy as reviewed by the governing body in November 2015.

Healthy School status and the curriculum policies i.e. food technology, science and PSHE reinforce the healthy eating message.

Monitoring of this policy

Signed:

Headteacher:



Chair of governors:

Date: **November 2015**

Review Date: **November 2019**