



Packed Lunch Policy

Aim:

To ensure that all packed lunches brought from home and consumed in school (or on educational visits) are healthy and nutritious as well as being similar in nutritional standards to school meals.

We want to

- make a positive contribution to children's health
- establish good eating habits for children
- ensure that children are able to concentrate and learn in the afternoons
- promote consistency between packed lunches and food provided by schools

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on educational visits during normal school hours.

Food and drink in packed lunches

- The school will provide facilities for pupils bringing in packed lunches
- The school will work with the pupils to provide pleasant and appropriate dining room arrangements
- Where appropriate, the school will work with parents to ensure that packed lunches are healthy and nutritious

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.

Please do not send into school bags or packets of nuts, although products containing nuts are acceptable.

All grapes should be cut in half to minimise the risk of choking.

Involvement of parents/carers:

We expect parents/carers to encourage their children to make healthy, balanced choices about their food and to follow the guidance given below as far as possible. We also expect parents to keep us informed of any dietary requirement changes.

Please be aware that we do not have refrigeration space for packed lunches and therefore you might wish to include cooling packs/blocks in your child's container, especially in the warmer months.

Packed Lunch Guidance

The ideal Packed Lunch should include

- Carbohydrates (eg. bread, pasta, noodles, rice, cous cous etc)
- Protein (eg. meat, fish, cheese, yoghurt, eggs, lentils, quinoa etc.)
- Fresh fruit and veg (eg Carrot sticks, cucumber, apple, berries, etc)
- Drink (eg. Still water or fruit juice)

Typically, most children have a sandwich, a portion of fruit and/or veg, a yoghurt or fromage frais and a biscuit or cereal bar.

However, you could also try pots of pasta, pasta/grain salad, warm (not hot) soup in a flask, noodles and veg/meat, cold leftovers of a favourite meal, fruited teacakes... try googling 'healthy packed lunches for Kids' and you will see many different ideas beyond a sandwich.

Treats, such as cakes or a pastry, can be included occasionally but children should never have chocolate products, sweets, confectionery, sugary drinks, fizzy drinks, crisps or shop bought processed packed lunch meals.

The midday staff team sometimes contact parents/carers to remind them of this policy if they feel that lunches are not meeting the standard described in this policy.

Assessment, evaluation and reviewing:

This policy will be regularly reviewed by school staff and the School Council.

Policy created in September 2014

Last Review July 2018

Next review July 2020