



## **Packed Lunch Policy**

### **Aim:**

To ensure that all packed lunches brought from home and consumed in school (or on school visits) provide pupils with healthy and nutritious food which is similar in nutritional standards to school prepared meals.

We have consulted with parents, staff, governors and pupils to devise the following guidelines and have produced this policy for the following reasons:

- To make a positive contribution to children's health and Healthy Schools Status
- To enable more effective learning during the afternoon
- To 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 school 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
- 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, parents and carers are advised to send packed lunches in insulated bags with frozen cool blocks if possible
- There are a number of children with food intolerances, special diets and severe allergies in school, therefore children are not permitted to share or swap food, parents should remind their children of this at home
- Packed lunch boxes which are left in school will be disposed of to minimize risk of contamination to fresh food or children eating food unsuitable for consumption.

### **Packed lunches should include:**

Every Day	Occasionally	Never
at least one portion of fruit and/or vegetables meat, fish, cheese or any other form of protein a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday still water or diluted fruit juice	Processed products such as sausage rolls, individual pies, and sausages Plain or fruity cakes and biscuits	confectionery such as chocolate bars, chocolate-coated biscuits and sweets sugary drinks drinks in cans or glass bottles snacks such as crisps Shop bought packed lunches with processed cheese and meat <b>Because of allergies:</b> Whole nuts or nut based products (although foods which 'may contain nuts' is acceptable)

**Try Googling 'healthy packed lunches' for hundreds of ideas!**

### **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.

### **Involvement of parents/carers:**

Parents are expected to encourage their children to eat school meals. 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 this policy. Parents will be kept informed of any changes to policy and children will bring home reminder letters if packed lunches do not meet the above criteria.

### **Assessment, evaluation and reviewing:**

Packed lunches will be regularly reviewed by school staff and the School Council.

Last review Spring 2018

Next review March 2020