



St John's C of E Academy

Good Practice Packed Lunch Guidelines

Guidelines Introduction Date September 2015
Due for review September 2016

Overall Aim of Guidelines

To ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritional food that is similar to the food we serve in school, which is regulated by National Standards.

Guideline Development

The guidelines were formulated following consultation with the following:

- Pupils
- Staff
- Parents/Carers
- Governing body representatives
- Catering team
- School staff

Aims

- To make a positive contribution to pupils' health
- To promote consistency between packed lunches and the food provided in school
- To encourage a happier and calmer atmosphere for pupils and staff by ensuring equality of the food consumed in school

National Guidance

The guidelines were drawn up using a range of national documents, including information from the School Food Trust and the Food in Schools Toolkit.

Who do the guidelines apply to?

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

- We will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times.
- The school will work with pupils via the Student Council to provide attractive and appropriate dining room arrangements.
- The school will continue to work with parents to advise them as to 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 to stop food going off.
- Wherever possible we will ensure that packed lunch pupils and dinner pupils will be able to sit and eat together.

Content of Packed Lunches

The national guidelines suggest that children's 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 every day
- Oily fish, such as salmon, at least once every three weeks
- A carbohydrate food such as wholemeal or granary bread, pasta, rice, noodles, potato salad every day
- Dairy food such as milk, cheese, yoghurt or custard every day.

Packed lunches should not contain:

- Nuts: the school has a 'no nut' policy due to some pupils having severe nut allergies.
- Snacks such as crisps. Alternatives could include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or non-dairy food are also a good choice.
- Confectionery: e.g. chocolate bars, chocolate coated biscuits and sweets.

Other:

- Cakes and biscuits, are allowed, but only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally.

Drinks

Water will be available at lunchtimes for all pupils. No other drinks will be allowed in the school hall at lunchtime.

Special Diets and Allergies

Parents/carers are asked to be very aware of nut allergies. It is recognised that some pupils may require special diets that do not allow for the standards to be met exactly. In this case we urge parents/carers are asked to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are not allowed to swap food items.

Review and evaluation

Staff on duty, midday supervisors and catering staff will monitor the contents of packed lunches. Any issues or serious concerns arising from this will be raised with parents/carers.

Dissemination of the policy

- A copy of the guidelines will be given to all new pupils and parents/carers.
- Regular reference to the guidelines will be made via the school newsletter.
- The guidelines will be available on the school website.
- Opportunities such as parent evenings, open evenings etc will be used to promote the guidelines as part of a whole approach to healthier eating.
- All school staff will be informed of this policy and be encouraged to support its implementation.

Links to school policies

- Health and Safety
- Healthy Living
- PSHE
- School Food