



HOLY TRINITY
Church of England Academy
(South Shields)
Brockley Avenue, South Shields, Tyne and Wear NE34 0TS
Packed Lunch Policy

Rationale

- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupils with healthy, safe and nutritious food.
- The content of lunchboxes needs to reflect the requirement of schools to meet minimum food and nutrition standards for school meals.
- Packed lunches should provide a nutritious, balanced diet to support the child's learning and development.

Aims

- To encourage a high nutritional quality of packed lunches in school.
- To further raise the profile of healthy eating throughout the school.
- To encourage healthy eating habits from an early age and improve the overall nutrition of pupils

The school will provide:

- Space in the dining room for pupils to eat packed lunches with their peers.
- A storage area for lunch boxes, however, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.
- Drinking water and beaker
- The school will send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed.
- A reward scheme for pupils who eat school lunches, and those who eat packed lunches to recognise healthy eating at lunch time.

Guidance

Packed lunches SHOULD include:

- At least **one** portion of fruit or vegetables every day e.g. banana, apple, pear, grapes, melon, carrot and cucumber sticks, cherry tomatoes, plums
These foods provide vitamins, minerals and fibre.
- Meat, fish, eggs or other source of non- dairy protein (e.g. lentils, beans, soya or hummus) every day (usually as part of a sandwich, wrap, roll or salad)

- Oily fish such as pilchards, tuna or salmon
These foods provide protein for growth
- A starchy food such as bread, pasta, rice, potatoes or other types of cereals every day
These starchy foods are a healthy source of energy.
- Dairy food such as milk, cheese, yoghurt or fromage fraise
These foods provide calcium for healthy bones and teeth.

Fresh water is available in school throughout the day and at lunchtime.

Suggestions for food LESS OFTEN in a healthy packed lunch

- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas
- Crisps –the oven-baked, unsalted type a maximum of **once** per week
- Biscuits – **not chocolate coated**, and an age-appropriate portion

Packed Lunches **SHOULD NOT include:**

- Fizzy / highly sugared drinks in cartons, bottles or cans
- Sweets / confectionary
- Cake – portion must be age-appropriate
- Chocolate spread or jam as a filling for sandwiches
- Energy and caffeine drinks
- Nuts or nut products because of the danger to other children with allergies

Special Diets and Allergies

The school recognises that some pupils may require special diets due to verified medical conditions. In this case, parents must inform the school and be responsible in ensuring that packed lunches are as healthy as possible.

For these reasons, children must eat their own and no-one else's packed lunch.

Approved by governors (date)
This policy will be reviewed every year