



## **Packed Lunch Policy**

### **Aims**

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 now strictly regulated by national standards.

### **Rationale**

- To make a positive contribution to children's health and well being.
- To encourage happier and calmer children and young people.
- To promote consistency between packed lunches and food provided by schools

### **National guidance**

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 20050

### **Where, when and to whom the policy applies:**

To all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

### **Food and drink in packed lunches**

- **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 appropriate dining room arrangements.
- The school will work with parents and carers 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 during the Summer.

#### 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 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

#### Packed lunches should not include

- meat products such as sausage rolls, individual pies, corned beef and sausages/chipolatas should be included only occasionally.

#### Packed lunches MUST not include

- nuts – including peanut butter and Nutella – **because of the life threatening risk** to any other child who may have a severe allergy
- confectionery such as chocolate bars and sweets (fruit strings are considered to be sweets). Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- drinks other than water – fresh water is available at all times so you do not need to include this
- snacks such as crisps or cheddars. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Breadsticks served with fruit, vegetables or dairy food are also a good choice.

#### 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 be aware of nut allergies.** We recommend you visit the [www.allergyinschools.co.uk](http://www.allergyinschools.co.uk) website for accurate, reliable information on managing allergies in schools.

Reviewed May 2019