

## **Packed lunch policy**

### **Overall aim of the policy:**

In light of the Universal Free School Meal Offer for all children of infant school age the expectation is that children will not be required to bring a packed lunch into school

However, there are times only in exceptional circumstances that pupils may need to bring a packed lunch into school e.g. severe allergies (for which medical evidence is provided) or special cultural diet which the catering staff cannot cater for.

When this is the case parents/carers need *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 regulated by national standards.*

### **The following applies to:**

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from September 2010.

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

Packed lunches will be regularly reviewed by teaching staff / SMSA's

Healthy lunches will be rewarded with stickers.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a slip in the packed lunch informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.

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

Pupils are normally expected to eat the lunch provided by the school. 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 the packed lunch policy. In turn, the school will keep the parents and the School Nutrition Action Group / Packed Lunch group informed as per the methods detailed below under "Dissemination of the Policy".

## **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 parents 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.*

### Packed lunches should include:

- *at least two portions of fruit or 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 or tuna, 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*
- *only water*

To keep packed lunches in line with the food based standards for school meals, packed lunches should **not** include:

- **Crisps.**

Crisps are high in fat and are not essential part of a healthy packed lunch

- **Confectionery** such as chocolate bars, sweets and chocolate-coated biscuits, as these foods are high in sugar.
- **Fizzy / sugary drinks.** This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.

Occasionally, the following may be included:

- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.
- Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.

***No Nuts should be brought into school as some pupils have severe reactions to nuts and not based foods. Please support us in making sure the school is a safe place for all our learners by adhering to our Nut Free Policy.***



**Dissemination of the policy:**

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter/ packed Lunch leaflet.

The policy will be referred to in the school prospectus.

The school will use opportunities such as parents' evenings and Healthy Schools weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

**Linked policies:** PSHCE and Science.

**Policy approved and adopted Sept 2016 (previously July 2010)**

**Due for review: January 2019**