



## **Packed Lunch Policy**

**Last reviewed: April 2016**

The aim of this policy is to ensure that all packed lunches brought from home and consumed in school or on school trips provide children with healthy and nutritious food to the standard of food served in schools, which is now regulated by national standards, full details of which can be found at [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

Our Packed Lunch Policy has been developed in response to parent surveys and observations of children's packed lunches, which showed that some contained too many unhealthy foods and sugary drinks, and not enough fruit and vegetables. The short term effects of unhealthy eating can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems, which may have an impact on a child's learning. The longer term effects of a poor diet in childhood can be an increased risk of stroke, cancer, heart disease and diabetes in adulthood.

We provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is available. We strongly encourage a water only policy. As water is provided, it is not essential to include a drink in packed lunches and this will avoid leakages spoiling packed lunches.

The school will work with parents to ensure that packed lunches are as close as possible to the guidance below. Where possible, any uneaten food will be sent home, so parents know what their children have left.

Children must only eat their own food and not other children's (see Special diets and allergies, below).

As fridge space is not available in school, pupils are advised to bring non-perishable food, or packed lunches in insulated bags.

Packed lunches should ideally include:

- At least one portion of fruit and one portion of vegetables every day
- A starchy food such as any type of bread, pasta, rice, naan, chapatti, couscous or potatoes every day
- Meat, fish or other source of non-dairy protein (eg. lentils, kidney beans, Quorn, chickpeas, hummus, eggs or falafel) every day
- Dairy food such as milk, cheese, yoghurt or fromage frais or custard every day (this does not include Dairylea Lunchables or similar products)
- Oily fish, such as salmon or sardines, at least once every three weeks (NB tinned tuna does not count as a portion of oily fish)
- Seeds, crackers and cheese, and vegetable or bread sticks with a dip
- Only water or 100% pure fruit juice (fresh drinking water is provided free)

Suggestions for items not to be included:

- Fizzy drinks
- Chocolate in any form
- Sweets
- Snacks such as crisps
- Cakes
- Meat and pastry products such as sausage rolls or pies

Special exception to the above will be granted for end-of-term parties, as these are seen as a treat.

#### Special diets and allergies

The school 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 for ensuring that packed lunches are as healthy as possible. Because some children have special diets, pupils are not permitted to swap food. Nuts (salted or otherwise, or nut products), are not permitted in school.

#### Monitoring and evaluation

Packed lunches are monitored by lunchtime staff as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other rewards. Pupils on special diets will be given due consideration. Where there may be concerns over a child's food/nutrition intake and/or content of packed lunches, parents will be contacted and we will endeavour to deal with the matter in a timely and sensitive manner.

In order to achieve National Healthy Schools Status, schools are required to 'ensure healthier food and drink options are available and promoted in breakfast clubs, at break and at lunchtimes – as outlined by Food in Schools guidance' and 'monitor pupils' menus and food choices to inform policy development and provision'.

#### Publication of the policy

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will be available on the school's website and will be incorporated into the school prospectus/welcome pack. The school will use opportunities such as parents' evenings to promote this policy as part of the whole school approach to healthier eating.