

## Aims and objectives

The aim of this packed lunch policy is 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. Governors are introducing this policy so that it helps to:

- make a positive contribution to children's health and addressing issues of child obesity;
- encourage a happier and calmer population of children;
- promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government;
- contribute to the self-evaluation, and;
- help raise educational standards across the school.

## National Guidance

The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours. It also covers food and refreshment that pupils may take for before or after school activities.

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.

## Arrangements for pack 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.
- Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off or to bring hot food in food flasks to keep the food warm.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

### **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, seed butter 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
- only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

### **Packed lunches should not include:**

- snacks such as crisps. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savory crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal
- Meat products such as kebab rolls, individual pies, corned meat/ chipolatas should be included only occasionally

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 in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. Also some children may be allergic to a range of food products.

### **Assessment, evaluation and review**

Packed lunches will be regularly reviewed by the midday meal supervisors. Healthy lunches will be rewarded by referral made to the Headteacher.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. If a child brings food that are in total breach of this policy then the child will be provided with a school lunch – parents will be charged for the lunch. 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.

### **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.
- The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, web portal etc.
- The school will use opportunities such as parents evenings and Healthy Living 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.

Date	Signature	Review
January 2019		As required