



# Packed Lunch Policy

July 2022

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### 1. Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school (or on school educational visits) provide the child with healthy and nutritious food.

### 2. This policy aims:

- To make a positive contribution to children's health
- To encourage happier and calmer children
- To promote consistency between packed lunches and food provided by school, which must adhere to the national standards set by the government.

To ensure consistency with healthy eating/healthy living in the school curriculum.

### 3. National Guidance:

The policy was drawn up using a range of national documents including information from the School Food Trust.

### 4. Where, when and to whom the policy applies:

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

### 5. Food and drink in packed lunches: what the policy states:

- 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 comply with the standards listed below
- As fridge space is not available in school, parents are advised to send packed lunches in insulated bags with freezer blocks where possible to keep the food fresh and safe to eat

### 6. Packed lunches should include:

- at least one portion of fruit and/or one portion of vegetables every day
- either meat, fish or other source of non-dairy protein every day
- 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 every day

## **7. Packed lunches MUST not include:**

- nuts
- peanut butter
- cakes or biscuits covered in chocolate
- processed fruit products e.g. Fruit Winders
- fizzy drinks
- sweets or other confectionery

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.

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

Packed lunches will be regularly reviewed by teaching staff and lunchtime supervisors.

Parents who do not adhere to the Packed Lunch Policy will receive a leaflet in the child's lunch box 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 the issues.

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

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

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.

## **10. Dissemination of the policy:**

- The policy will be sent to all existing parents, and placed in the Welcome Pack for all new parents.
- The policy will be available on the school's website.
- The school will use opportunities such as Parent's Evenings to promote this policy as part of a whole school approach to healthier eating.

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

Policy approved and adopted: June 2008

Reviewed: March 2012

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