



Packed Lunch Policy

Revised: September 2016

Signed: Janehee



Packed Lunch Policy

This policy is meant as a guideline for parents.

Overall aim of the policy:

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 school, which is now regulated by national standards.

Description of the setting:

King's is an independent primary school in the suburb of a medium-sized city, Plymouth. Children's ages range between 3 months and 11 years of both genders.

King's is a faith school with some children who do not eat certain foods, with a predominantly white-British intake. Parents are largely professional. There are a number of children with Special Educational Needs as well as medical needs, including allergies.

How and why the policy was formulated:

This policy was formulated by teaching staff:

- To make a positive contribution to children's health and work towards Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by the School which, since September 2006, must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk for more information
- To contribute to the self-evaluation for review by Ofsted.

National guidance:

This 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) 2005)

Where, when and to whom the policy applies:

To all parents providing packed lunches that are to be consumed within school, or on school trips during normal school hours. The policy was implemented in December 2009.

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 the pupils to provide attractive and appropriate dining room arrangements.
- 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.
- **Wherever possible** the school will ensure that packed lunch pupils and school lunch 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, peanut butter and falafel) every day.
- Oily fish, such as salmon or tuna.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- The following snacks should be limited: Snacks such as high fat/salt crisps (only one bag a day if desired). Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as **chocolate bars and sweets are not allowed**. One cake, wafer or biscuit is allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally.

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 not permitted to swap food items.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff, catering staff and midday meal supervisors. Please note: pupils with special diets will be given due consideration.

Involvement of parents/carers:

Pupils are normally expected to eat lunch provided by the school. However, parents of pupils wishing to have packed lunches for a specific 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 informed by the methods detailed below under 'Dissemination of the Policy'.

Dissemination of the Policy:

The school will write to new and existing parents/carers to inform them of the policy included in the new pupil pack. The school will use opportunities such as Design and Technology lessons, Science lessons and any other suitable opportunity to promote the policy as part of the whole school approach to healthier eating. All school staff, including teaching and catering staff, will be familiarised with and kept up to date with this policy and will support its implementation.