



PACKED LUNCH POLICY 2016-2017

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 regulated by national standards.

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

Why was this policy formulated?

- To make a positive contribution to children's health and Healthy School Status.
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government.

Packed lunches should include:

- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt (low in sugar), fromage frais, or calcium fortified soya products.
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive. Examples are fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, or fruit based crumbles
- One portion of fruit and one portion of vegetables
- One portion of non-dairy protein such as meat, fish, egg, hummus, beans and pulses
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes or chapattis.

Packed lunches should not include:

- Drinks that are high in sugar such as squash or fizzy drinks (including Ribena, Capri Sun and Fruit Shoot).
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Jam or chocolate spread as a sandwich filling.
- Crisps or other salted snacks.
- Meat/vegetable products that are high in fat and salt, such as sausage rolls, corned beef, individual pies, samosas or sausages/chipolatas, should be included only occasionally.

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 and carers 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.

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.