

## **Packed Lunch Policy**

This policy is part of our school food policy and aims to give parents, carers, pupils, governors and staff clear guidance on providing children with a healthy packed lunch. This policy applies to all packed lunches consumed within school and on school trips. It also applies to packed lunches provided by the school. The policy has been developed with reference to government guidance and The School Food Standards which are associated with healthy eating within school.

Food consumed within school at lunchtime represents a third of a child's daily intake of food and nutrients and is a great opportunity to promote a balanced diet and healthy food choices. We believe that a healthy packed lunch can positively contribute to the health of children and should be consistent with the nutritional standards provided by school meals.

To keep packed lunches in line with the standards set for school provided meals, please follow the guidance set out below:

### **Home provided packed lunch guidance.**

#### **Foods to include daily:**

- **Fruit and vegetables** - At least one portion of fruit or vegetables daily
- **Protein** - In the form of meat, fish or egg or as a source of non-animal protein such as beans, lentils, hummus
- **Carbohydrate** - Starchy food such as bread products, pasta, potatoes, rice, noodles, couscous
- **Dairy products** - (can be animal or plant based) Such as milk, cheese, yoghurt
- **Drinks** - Water, Milk, smoothie or fruit juice (with no added sugar)
- **Oily Fish** - Once every 3 weeks

#### **Packed lunches should NOT include:**

- High fat, high salt, high sugar snacks
- Fizzy or sugary drinks
- Confectionary such as chocolate bars and sweets
- Nut or nut products Occasionally, the following may be included
- Meat products such as sausage rolls, individual pies, corned meat and sausages. These should be included only occasionally due to their high fat and salt content.
- Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.

### **Special diets, allergies and intolerances**

The school recognises that some children may require special diets that do not follow the School Food Standards. We ask that parents or carers adapt the standards to meet individual requirements with the emphasis still being on a healthy, balanced lunch. We have children and staff members in school with nut allergies and ask that no nut products are included in packed lunches.

### **Packed lunch containers**

We ask that packed lunches are brought into school in a container that is:

- Labelled with your child's name

- Washable and reusable
- Able to securely store all items until lunchtime
- Able to keep food at a safe temperature. We ask that an ice pack is included in packed lunch boxes to reduce the risk of bacterial growth in warm conditions.

## **Facilities provided by the school**

We will:

- Provide appropriate facilities to store packed lunches
- Provide free, fresh drinking water
- Provide an appropriate space for all pupils to eat lunch. Wherever possible, pupils with a packed lunch and pupils having a school meal will be able to sit and eat together.

## **Monitoring packed lunches and working alongside parents and carers**

We hope that all pupils, parents and carers will support this packed lunch policy. To promote healthy eating, we will regularly monitor the contents of packed lunches and encourage staff to discuss choices with the children. Where necessary, we will approach parents and carers with extra guidance on our policy and encourage pupils, parents and carers to approach us with any questions.

## **Policy review**

This policy will be reviewed as part of the schools agreed policy review process. In addition, any major legislative or governmental changes with regards to food consumed within the school day may lead to policy amendments.