

# Standens Barn Primary School

## Packed Lunch Policy

### Guidance for Healthy School Meals



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**Approval Authorisation**

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## Contents

OVERALL AIM OF THE POLICY .....	4
How and why the policy was formulated.....	4
National guidance.....	4
WHERE, WHEN AND TO WHOM THE POLICY APPLIES .....	4
Food and drink in packed lunches .....	4
Packed lunches should encourage: .....	5
Packed lunches should discourage: .....	5
Special diets and allergies .....	5
ASSESSMENT, EVALUATION AND REVIEWING .....	6
DISSEMINATION OF THE POLICY .....	6

## 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.

## How and why the policy was formulated

Information is sent to parents regularly to support them in providing a healthy and balanced meal for their child. Staff and Governors have discussed the school's approach to packed lunches and produced this policy. The aims of the policy are:

- To make a positive contribution to children's health and Health 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 from September 2006 must adhere to national standards set by the government. Please visit <http://www.schoolfoodtrust.org.uk/> for more information.

## National guidance

The 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 Council.

## Where, when and to whom the policy applies

The policy applies to all pupils and parents providing packed lunches to be consumed with school or on school trips during normal school hours.

## Food and drink in packed 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 throughout the day.
- 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.

## **Packed lunches should encourage:**

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (eg. Lentils, kidney beans, chickpeas, hummus, peanut 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 every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- A cup must be provided if child does not bring a drink.

## **Packed lunches should discourage:**

- Snacks, such as crisps. 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, 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 sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally.

## **Special diets and allergies**

Be aware of nut allergies. We recommend you visit the <http://www.allergyinschools.co.uk/> website for accurate, reliable information on managing allergies in schools.

The school recognises that some pupils may require special diets that do not allow for the standards to be exact. 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.

## **ASSESSMENT, EVALUATION AND REVIEWING**

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

Healthy lunches will be rewarded by verbal praise.

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 regularly brings a packed lunch that does not conform to the policy, then the school will contact the parents to discuss this. Pupils with special diets will be given due consideration.

Please also refer to the PSHE Policy.

## **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 school will use opportunities such as parents' evenings and new parent induction meetings, 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.