



Challenge, Equality & Opportunity

Packed Lunch Policy

Aim:

To ensure that all packed lunches brought from home and consumed in school (or on school visits) provide pupils with healthy and nutritious food which is similar in nutritional standards to school prepared meals.

We have consulted with parents, staff, governors and pupils to devise the following guidelines and have produced this policy for the following reasons:

- To make a positive contribution to children's health and school's Healthy Schools Status
- To enable more effective learning during the afternoon
- To promote consistency between packed lunches and food provided by schools
- To protect and support children who have allergies and/or diet requirements

Where, when and to whom the policy applies:

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

Food and drink in packed lunches:

- The school will provide facilities for pupils bringing in packed lunches – trolleys to store packed lunches and safe areas to eat packed lunches.
- 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, parents and carers are advised to send packed lunches in insulated bags with frozen cool blocks if possible.
- There are a number of children with food intolerances, special diets and severe allergies in school, therefore children are not permitted to share or swap food, parents should remind their children of this at home.
- Packed lunch boxes which are left in school will be returned or disposed of to

minimise risk of contamination to fresh food or children eating food unsuitable for consumption.

- School will inform parents and carers of any changes to this policy.
- School staff will not single out children for not following this policy but will inform parents/carers.

Packed lunches should include:

Every Day	Occasionally	Very rarely, if at all
at least one portion of fruit and/or vegetables meat, fish, cheese or any other form of protein a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday still water or diluted fruit juice plain or fruity biscuits and cakes and crackers	processed products such as sausage rolls, individual pies, and sausages plain or fruity cakes and biscuits chocolate-coated biscuits 'healthy' crisp snacks (baked not fried)	chocolate bars and sweets sugary drinks drinks in cans or glass bottles of fizzy drinks snacks such as crisps Shop bought packed lunches with processed cheese and meat
		NEVER
		Because of allergies: Whole nuts or nut based products (although foods which 'may contain nuts' is acceptable)

If you are struggling to find interesting and healthy ideas beyond a sandwich, there are some great ideas online. We particularly like:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

Try Googling 'healthy packed lunches' for hundreds of ideas!

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 also not permitted to swap food items.

All grapes sent into school should be cut in half vertically so that they do not represent a choking hazard. Young children don't chew as well as adults and they have much smaller airways which can be easily blocked by whole grapes.

Involvement of parents/carers:

We hope that parents and carers will encourage their children to eat school meals. However, parents and carers of pupils wishing to have packed lunches are expected to provide their children with packed lunches which conform to this policy as far as possible. Parents will be kept informed of any changes to policy and children will bring home reminder letters if packed lunches do not meet the above criteria.

Assessment, evaluation and reviewing:

This policy will be regularly reviewed and discussed by school staff and the School Council.

Last GB review Spring 2018 March 2021

Next GB review March 2024