

Redby Primary School

Packed Lunch Policy

Rationale

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 now regulated by national standards.

National Guidance

This policy takes consideration of 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).

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from January 2010. It has been written in order to make a positive contribution to the health of our pupils and as part of our Healthy Schools Status. We believe that eating a healthy, nutritional packed lunch can encourage a happier, calmer population of children. It is also written in order to promote consistency between packed lunches and food provided by the school, which adheres to the National Standards set by the government, details of which can be found at www.schoolfoodtrust.org.uk.

The School will :

- Provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is available, if required
- Work with parents to ensure that packed lunches abide by the food in school standards
- Provide storage for packed lunch boxes, however parents know that this is not refrigerated and, if they wish to send food requiring refrigeration, it must be sent in an insulated bag with s freezer blocks.

Packed Lunches should include:

- At least one portion of fruit and one portion of vegetables (eg carrot sticks) every day

- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chick peas, 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, or potatoes every day
- Dairy food such as cheese, yoghurt, fromage frais or custard every day
- Only water or fruit juice should be sent as drinks (milk drinks may be sent if children have an insulated bag and freezer block)

Packed Lunches should NOT include:

- Snacks such as crisps. (Good alternatives are savoury crackers, breadsticks, nuts or seeds)
- Confectionery such as chocolate bars or chocolate coated biscuits
- NO SWEETS
- Cakes and biscuits are allowed but should only be provided as part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned beef or chipolata/hot dog sausages 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 lunchtime assistants and, periodically, by Senior Management.

Healthy lunches will be rewarded by stickers.

Parents and pupils who do not adhere to the packed lunch policy will receive an information slip in the packed lunch box asking them to refer to the packed lunch policy on the school website. Further information about healthy packed lunches is also available on the school website.

If a child persistently brings a packed lunch that does not conform to the policy then school will invite parents in to discuss ways forward.

Pupils with special dietary requirements will, of course, be given due consideration.

This policy should be read in conjunction with the Whole School Food policy.

Parents will be consulted prior to this policy being ratified by the Governors and their views taken into consideration before a final draft is written and adopted.

The Policy will be available on the Parents, and Governors, areas of the school website and information relating to packed lunches included in the school prospectus.

All school staff have been consulted about the policy and support its implementation.

VS/Dec 2009