



**LEADING THE WAY**  
FOR GENERATIONS

**Packed Lunch Policy**

## Policy Rational

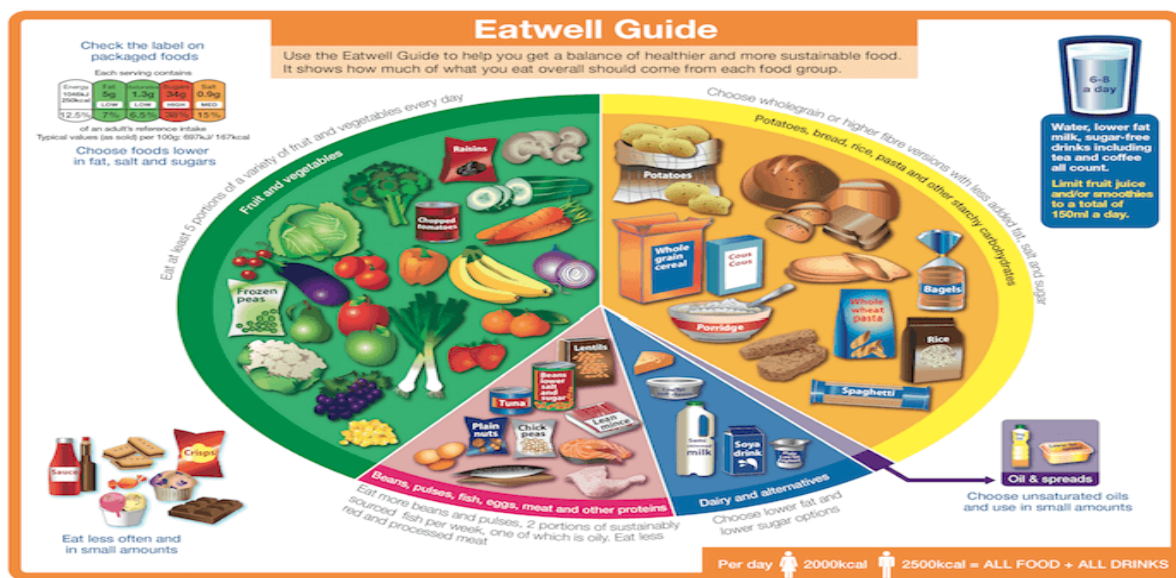
This policy is part of our whole school food policy, and aims to give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch.

We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards set for school meals by the government.

The policy applies to all packed lunches consumed within school and on school trips. It also applies to packed lunches provided by the school.

## Development of the policy

This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating and the school day. The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy balanced diet.



School meals and packed lunches represent a third of a child's daily intake of food and nutrients, which presents a great opportunity to promote healthy food choices for children.

The School Food Trust provides regulations for healthy school meals and packed lunches, some of the regulations include:

### Starchy Food

- One or more portions of food from this group every day
- Three or more different starchy foods each week
- Starchy food cooked in oil no more than 2 days per week
- Bread with no added fat or oil must be available daily

### Fruit & Vegetables

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit available daily
- A dessert containing at least 50% fruit at least twice a week
- At least three different fruits, and three different vegetables available each week

### Meat, Fish, Eggs, Beans & other Non-Dairy sources of protein

- A portion of food from this group every day
- A portion of meat or poultry on three or more days each week

### Milk & Dairy

- A portion from this group available every day

### Foods High in Fat, Sugar and Salt

- No more than two days per week of food that has been deep fried, batter coated or breadcrumb coated
- No confectionery, chocolate or chocolate coated products
- No more than two portions of food containing pastry each week

### Healthier Drinks

- Plain water
- Lower fat milk
- Fruit or vegetable Juice (max 150ml)

### Packed Lunches

Due to the above guidelines that School lunches follow we ask that all packed lunches provided from home also including the following :

- **Fruit & Vegetables** at least one portion of each
- **Protein** Meat, fish, egg or other source of non-dairy protein
- **Carbohydrate** starchy food such as bread, pasta rice, couscous, potatoes, noodles etc
- **Dairy** Milk, cheese, yoghurt, Fromage frais or calcium fortified soya products
- **Drinks** water, pure fruit juice (no added sugar)
- **Desserts** cakes and biscuits are allowed in moderation

### Foods to avoid in your Packed Lunch

- Fizzy/drinks, energy drinks, bottled or canned drinks
- Confectionary such as chocolate bars or sweets
- Confectionary style yoghurts
- Chocolate spread sandwiches
- Any form of peanut or nut products
- No food kept warm in flasks

### To make it Fair

As the government guidelines prevent us from using any chocolate in school meals all of our chocolate flavour puddings just contain cocoa powder, as we understand this not easy to do unless you personally cook all your child's desserts yourself, we think it is fair for your child to bring ONE chocolate coated biscuit or cake with their lunch on a Wednesday only.

As we also serve Chips on a Friday so we also believe in allowing packed lunches to bring 1 packet of crisps on a Friday only.

### Special Diets and allergies

We recognise that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to still follow the guidelines as much as possible. We also have a number of children and staff who have severe nut allergies so we ask if you could refrain from including any nuts, peanuts, peanut butter or chocolate spreads.

### Monitoring

To promote healthy eating we will regularly monitor the contents of packed lunches and involve pupils and staff. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches. If a lunch is not deemed to meet our policy parents will be advised on the changes that need to be made. Any sweets or fizzy drinks will be confiscated until the end of the day and will be substituted with a piece of fruit and an alternative drink.

### Summary

- Try to vary the contents of the lunchbox
- Try to involve your child in making their lunchbox as they are more likely to enjoy food they have made themselves
- Water or small amounts of fresh fruit juice only
- No confectionary including confectionary style yoghurts, only either 1 biscuit or cake to be included per day
- Chocolate coated biscuit or cake on a WEDNESDAY only
- No chocolate spread
- Crisps on a FRIDAY only
- No Nuts or any items containing nuts due to allergies
- No food that's served from a flask.

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance on packed lunches if required.

