



# Packed Lunch Policy

## Introduction

The school food standards were made mandatory for all schools in January 2015. We have, therefore, introduced our Packed Lunch policy with effect from 5<sup>th</sup> October 2015.

## Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school or on school trips provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

## How and why the policy was formulated:

This policy was formulated in conjunction with the children following their topic on healthy eating in order to:

- promote consistency between packed lunches and food provided by schools which must adhere to national school food standards. Please visit [www.childrensfoodtrust.org.uk/schools/the-standards](http://www.childrensfoodtrust.org.uk/schools/the-standards) for more information.
- make a positive contribution to children's health
- encourage a happier and calmer population of children and young people

## National guidance:

The policy was drawn up using a range of national documents including this template policy from the Children's Food Trust and the school food standards.

## Where, when and to whom the policy applies:

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

## Food and drink in packed lunches: what the policy states

- The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- As fridge space is not available, pupils are advised to bring packed lunches in insulated bags.
- Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to be on the same sitting.

## Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pitta bread or wraps, pasta, rice, couscous, noodles, potatoes or another cereal every day.

- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice or smoothie, milk, yoghurt or another milk drink.

#### **Packed lunches may include:**

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits without chocolate (including chocolate covered and chocolate chips), but encourage your child to eat these as part of a meal.
- Mini cheddars
- Cheese spread dunkers
- Cereal bars with yogurt and/or fruit but not chocolate, chocolate covered or chocolate chip.

#### **Packed lunches should not include:**

- Crisps - instead include vegetables and fruit with no added salt, sugar or fat.
- Confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars containing chocolate or chocolate chips or anything else containing chocolate (including raisins and yogurts) and sweets.
- Fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

#### **Nut Free School**

John T. Rice Infant & Nursery School aims to practise a nut free policy although we recognise that this cannot be guaranteed. We will try to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed to nuts to which they are sensitive. This means that packed lunches should not contain nuts or nut products such as Nuttella or Peanut Butter.

#### **Assessment, evaluation and reviewing**

Packed lunches will be regularly reviewed by teaching staff and midday meal supervisors. Healthy lunches will be rewarded by stickers.

Where packed lunches that aren't in line with the packed lunch policy are brought into school, notes will be included in the packed lunch to go home.

#### **Involvement of parents/carers**

We encourage all children to eat school lunches. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our packed lunch policy.

This policy was agreed by staff and governors in Autumn 2017 and will be reviewed again in Autumn 2018.