

St. James the Great School RC Primary and Nursery School



Packed Lunch Policy

Date Created: Autumn 2010
Date Reviewed: Spring 2013
Date Reviewed: Spring 2014

Aim

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.

How and why the Policy was Formulated

This policy was developed in consultation with staff, parents/carers, governors and children, with the aims of:

- Making a positive contribution to children's health and Healthy Schools Status.
- Encouraging a happier and calmer population of children and young people.
- Promoting consistency between packed lunches and food provided by the schools which adheres to national standards set by the government.

National Guidance

This policy was drawn up using a range of national documents including:

- A toolkit and a draft policy from the School Food Trust and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).
- Advice and guidance from the Schools Food Trust website www.schoolfoodtrust.org.uk.

Where, When and to Whom the Policy Applies

To all pupils and parents providing packed lunches to be consumed within 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.
- 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.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Packed lunches should aim include:

- At least one portion of fruit or one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. 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/smoothie, fromage frais or custard everyday.
- Only water as a drink.

The following items should only be provided occasionally as part of a balanced diet:

- Cakes and biscuits.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas.

Packed lunches should not include:

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- Snacks such as crisps (including 'baked' crisps), rice crackers, rice cakes, savoury snack biscuits.

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.

Assessment, Evaluation and Reviewing

Packed lunches will be regularly reviewed by catering staff, midday meal supervisors, and pupil packed lunch helpers (Year 6 children).

Healthy lunches will be rewarded by stickers and certificates.

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.

Please note: pupils with special diets will be given due consideration.

Involvement of Parents/Carers

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy.

The school will keep the parents/carers informed as per the methods detailed below under “Dissemination of the Policy”.

Dissemination of the Policy

The school will inform all new and existing parents/carers of the policy via the school newsletter.

The policy will be available on the school’s website.

The school will use opportunities such as parent/carer evenings to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

Linked Policies

- Whole School Food Policy
- PSHCE Policy
- Science Policy
- Design & Technology Policy
- Physical Education Policy
- Health and Safety Policy
- Equal Opportunities Policy

Next Policy Review Date: Spring 2015