

Food and drink in packed lunches:

Schools have been advised to select and adapt policies to make a policy for their school. Here are some suggestions taken from another school and discussed with our School Council and our Keystage 2 classes.

Examples:

- Our 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 an attractive and appropriate dining room arrangement.
- The school will work with parents to ensure that packed lunches abide by the national standards for healthy schools. (see lists below)
- As we do not have a fridge, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- Whenever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.



Packed Lunches should include

At least one portion of:

- Fruit and one portion of vegetables every day.
- Meat, fish or other sources of non dairy protein (e.g. hummus, lentils, kidney beans, peanut butter, chickpeas and falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type bread, pasta, rice, couscous, noodles, potatoes or other type of cereal.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.

Drinks

- Only water, fruit juice, semi skimmed or skimmed milk, yoghurt and smoothies.

Packed lunches should not include:	An alternative choice could be:
Snacks such as Crisps	Seeds, vegetables and fruit (with no added sugar, salt or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy foods are also a good choice
Confectionary such as chocolate bars, chocolate-coated biscuits and sweets.	Cakes and biscuits are allowed which are lower in sugar and fat and we should eat these as part of a balanced meal e.g. Flap Jack, muffins etc
Meat products such as sausage rolls, individual pies, corned meat and sausages/Chipolatas – only occasionally.	

Special diets and allergies

- We need to be aware of nut allergies. See www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.
- Our 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 making sure that the packed lunch is as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Involvement of school:

- We need to encourage our children to have a healthy packed lunches.
- Midday supervisors and teaching staff could reward healthy lunches with stickers and well done certificates.
- Pupils who regularly bring a packed lunch that does not follow the policy, we will send a leaflet home and may contact parents to discuss this matter with them to see if we can help e.g. Contacting the school nurse for advice and support.
- Please note: Pupils with special diets will be given due consideration.
- Linked other policies: Food technology, PSHE + C policy (personal, social, healthy emotional and citizenship policy), Science and Technology.

Involvement of parents/carers:

- To provide a packed lunch that follows the Packed Lunch Policy so that all our children are eating a healthy meal at lunchtime.
- In turn the school will keep parents informed by providing a leaflet and information about the policy and share this policy with everyone (dissemination).

Dissemination of the policy:

- The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.
- The policy will be available on the school's website and will be incorporated into the school prospectus.
- The school will use opportunities such as parents' evenings and Healthy Schools Week to promote this policy as part of the whole school approach to healthier eating.
- All school staff, including teaching and catering staff and our School Nurse, will be informed of this policy and will support its implementation.

Signed: _____

Date: _____