



INTRODUCTION

The Governors recognise the importance of partnership working with families and this policy is to ensure that support is offered to make certain all packed lunches brought from home and consumed in school (or on school trips) provide the student with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards; visit www.schoolfoodtrust.org.uk.

The policy was drawn up using 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).

SCALE AND SCOPE OF THE POLICY

To all students and parents/carers providing packed lunches to be consumed within school or on school trips during normal school hours.

FOOD AND DRINK IN PACKED LUNCHES: WHAT THE POLICY STATES

- The school will provide facilities for students bringing in packed lunches and ensure that fresh drinking water is readily available at all times.
- The school will work with the students to provide an appropriate dining room arrangements
- The school will work with parents/carers to ensure that packed lunches abide by the standards listed below.
- As fridge space may not be available in school, students are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food deteriorating.
- The school will ensure that packed lunch students and school dinner students will be able to sit and eat together.

PACKED LUNCHES SHOULD INCLUDE:

- at least one portion of fruit and one portion of vegetables or salad every day.
- meat, fish or other source of non-dairy protein (eg 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, fromage frais or custard everyday
- only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

PACKED LUNCHES SHOULD NOT INCLUDE:

- snacks such as crisps. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Processed meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

SPECIAL DIETS AND ALLERGIES

Be aware of nut allergies. The school will advise if it arises that nuts become prohibited in school. The school also recognises that some students may require special diets that do not allow for the standards to be met exactly. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons students are also not permitted to swap food items.

ASSESSMENT, EVALUATION AND REVIEWING:

Packed lunches will be regularly reviewed by teaching staff/ learning support staff/ catering staff / midday staff.

Healthy lunches will be praised by the staff and may include stickers / congratulatory letters home / certificates).

Parents/carers and students who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. If a student regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

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

INVOLVEMENT OF PARENTS/CARERS:

Students are encouraged to eat the lunch provided by the school. However, parents/carers of students wishing to have packed lunches for a particular reason are expected to provide their son/daughter with packed lunches which conform to this policy.

LINKED POLICIES:

PSHE Education and Citizenship Policy

DISSEMINATION OF THE POLICY:

The policy will be available on the school's website, in the staff handbook and will be held in the school office and available upon request. A nominal charge may be made for photocopying.

The school will use opportunities such as Learning Conversation Days and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

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

Review details for the Packed Lunch Policy

Last Review date Summer 2018

Next Review date Summer 2020

Signed by Chair of Governors

Ratified at Governors' meeting on.....