



# Policy and Procedure

Cross Gates Primary School

## Policy: **Packed Lunch Policy**

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Ratified by Governors: June 2022

Review Date: September 2024

## **AIMS**

This policy aims to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with a healthy, balanced and nutritious lunch, promoting equality for all pupils.

## **NATIONAL AND LOCAL GUIDANCE**

This policy has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Guide of healthy eating and supports key outcomes of The School Food Plan. The policy supports Ofsted's commitment to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

## **WHERE, WHEN AND WHO THE POLICY APPLIES TO**

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

## **EATING ARRANGEMENTS**

Pupils bringing a packed lunch are able to eat together with those who eat a school meal through our family dining arrangements. They will be offered tasters of school meals where appropriate.

Evidence shows that school meals are more nutritious than packed lunches. Therefore, school meals are encouraged as the preferred option for all pupils.

We will provide an attractive, bright and clean environment for pupils to eat their packed lunches. We have introduced a family dining environment where pupils can choose where they sit on tables which are a combination of older and younger pupils and packed lunch and school dinners.

We will provide free, fresh drinking water for all pupils, therefore there is no need to include an additional drink in lunchboxes.

You may wish to keep the contents of lunchboxes cool on warmer days by using an insulated bag and/or freezer block. Alternatively, you can freeze items of the lunch such as yoghurts or sandwiches.

## **SPECIAL DIETS AND ALLERGIES**

It is acknowledged that some special diets may not allow lunchboxes to comply with the policy. The school will work with all families to ensure that lunchboxes are as healthy and nutritious as possible and will agree alternatives where possible.

Our school catering service is committed to meeting the dietary needs of all pupils so we encourage pupils to eat a school meal where the packed lunch policy does not support their needs.

Please inform the school of any special dietary requirements in writing, supported by a letter from a GP or specialist where possible.

Please be aware we are a **nut free school** as we have children who could have a severe allergic reaction if they come into contact with nuts

## **MONITORING**

Our school council and/or food ambassadors will carry out regular monitoring of the contents of packed lunches. We will share findings with parents and pupils where appropriate.

Healthy packed lunches will be acknowledged and rewarded with positive praise, team points, a place at the top table. We will not punish unhealthy packed lunches or stigmatise children who are unable to meet the policy.

### **HOW WE WILL SUPPORT THE POLICY**

Pupils and parents or carers who regularly struggle to provide a packed lunch in line with the policy will be supported sensitively on an individual basis.

If discouraged items are found in lunchboxes, the school will remind pupils and parents/carers of the policy. This may be through reminder cards in lunchboxes or, if unhealthy foods are repeatedly brought into school, a letter may be sent home offering alternatives and solutions to help families support the policy and protect their children's health.

We will support parents by sending home affordable menu ideas, recipes and useful tips for healthy packed lunches.

We will also deliver a practical parent workshop once a year to offer advice and information around healthy packed lunches and school meals.

We will support pupils through education and practical learning in the curriculum.

We will also deliver regular competitions, incentives and promotions to encourage healthy eating for all pupil and staff in school and at home.

We will ensure that messages within our 'whole school food policy' are consistent and in line with this policy.

A guide to what makes a healthy packed lunch can be found below.

### **REVIEW**

We welcome pupils and parents/carers to discuss the content of the policy with school at any time and offer ways to help us improve healthy eating.

This policy will be formally reviewed each year by our school council and/or food ambassadors and other key people including parents.

### **SHARING THE POLICY**

This policy is available in full on the website or, alternatively, a paper copy can be requested from the school office.

Key information, updates and useful tips will be shared via newsletters and ParentMail as required.

## HEALTHY EATING GUIDE



### A healthy packed lunch should include:

- At least one portion of fruit each day
- At least one portion of vegetables (eg carrot sticks) each day
- A starchy food such as bread (eg sliced bread, rolls, pitta bread, wraps), pasta, rice, potatoes or cereals each day
- Meat, fish or other source of non-dairy protein (eg chicken, ham, turkey, tuna, eggs, tofu, beans) each day
- A portion of dairy such as milk, cheese, yoghurt, custard each day
- Drinks should be water. Fresh drinking water is available at all times for pupils

### Occasional treats to include maybe:

- Snacks such as crisps - you could try savoury crackers or breadsticks instead
- A small cake, muffin, shortbread, flapjack or plain biscuits
- Items high in salt or fat e.g. sausage rolls, meat pies, pasties
- Popcorn
- Jam

### Please do not include:

- Fizzy drinks, juice, flavoured water, drinks in cans or glass bottles
- Sweets
- Chocolate – this should be defined as chocolate that melts
- Chocolate Spread
- Nuts or products containing nuts such as Nutella or peanut butter – we are a nut free school as we have children who could have a severe allergic reaction if they come into contact with nuts