

Lanchester E.P. (Cont.) Primary School

A Caring Community
where all can flourish



Packed Lunch Policy

Lanchester E.P. (Controlled) Primary School

Packed Lunch Policy

Overall aim of the policy

Lanchester E.P. (Cont.) Primary School 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.

School setting

The children at Lanchester E.P. (Cont.) Primary School come from different backgrounds and cultures. Some children may have special health needs, or cultural or religious beliefs which may impact on diet. If this is the case then it is important that the school are made aware of this so that they can be accommodated.

How and why the policy was formulated

The policy was formulated to ensure that packed lunches are of the same standard as food served in school, meeting the national standards. Our school wants:

- To make a positive contribution to children's health and Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government.

(Please visit www.schoolfoodtrust.org.uk/nutrientstandards for more information.)

National guidance

The policy has been 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).

Where, when and to whom the policy applies

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: what the policy states

- 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 include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus 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 or milk - semi-skimmed or skimmed

Packed lunches should not include:

- snacks such as crisps. Instead, include 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 please encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.

Special diets and allergies

Parents should be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

Nuts are not allowed in packed lunches. Our school is a nut-free zone.

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 lunchtime supervisors

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.

If parents are unable to conform with the Packed Lunch Policy then either a school meal can be ordered or the child can go home for lunch.

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. In turn, the school will keep the parents and the School Nutrition Action Group / Packed Lunch group informed as per the methods detailed below under "Dissemination of the Policy".

Dissemination of the policy:

The school will write to all new and existing parents/carers to inform them of the policy.

The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, web portal etc.

The school will use opportunities such as parents evenings 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.