PACKED LUNCH POLICY

Longford Park School

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Introduction
The Governors, Headteacher and Staff are keen to make sure that children who bring a lunch from home to eat in school (or on school trips) have food which is just as healthy and nutritious as food now served in school and regulated by national standards.

Aim of the policy
The government has placed a duty on schools to ensure that every child is healthy and has invested hugely in improved school meals, free fruit for schools and The School Food Trust which encourages healthy eating. The trust recommends we have a policy and this one is based on their model. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life.
- Learn more quickly and behave better.

School meals conform to government nutritional guidelines with less sugar, fat and salt and more fresh fruit and vegetables. School lunches also provide a good balance of “complex carbohydrates” such as pasta, rice, bread or potatoes with dairy and other protein foods. There is no reason why a packed lunch cannot provide the same nutrition as a cooked meal. Please visit www.schoolfoodtrust.org.uk for more information.

Who does it apply to and when and where?
To all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours.

The policy
- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.
- 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 are as close as possible to the guidance below.
- Whenever possible the school will allow children eating packed lunch or school meals to sit together.
- Parents will need to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
- Children must only eat their own food and not other children’s.
Guidelines

*Suggestions for food to include in a healthy packed lunch*

- **At least** one portion of fruit or vegetables every day.
- Meat, fish or protein every day (usually as part of a sandwich, roll or salad).
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best followed by semi-skimmed or skimmed milk, sugar-free squash, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Fruit, crackers and cheese, and vegetable or bread sticks with a dip.

*Suggestions for food to include less often in a healthy packed lunch*

- Snacks such as crisps (small bag).
- Chocolate coated biscuits or wafers.
- Cakes
- Meat and pastry products such as sausage rolls or pies

*Suggestions for food to not include in a healthy packed lunch (these are all foods we have already asked children not to bring to school).*

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.

**Special diets**
The school also recognizes that some pupils may have verified medical conditions requiring 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.

**Assessment, evaluation and reviewing:** Packed lunches are reviewed by staff at lunchtime as part of their supervision of the children. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact parents to discuss this.

**Publication of the policy:**
The school will write to all new and existing parents/carers to inform them of the policy and a guidance leaflet will be handed out with suggestions for what to include in the packed lunch. 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 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.