Northfield Primary School with Communication Resource

Packed Lunch Policy

Date of Publication:  March 2020
Review Period:  2 Yearly
Aim

To ensure that all packed lunches brought from home and consumed in school, including on school trips / visits, provide the pupil with healthy and nutritious food that is similar to food served in schools which is regulated by national standards.

Policy Formulation

The school has decided to formulate a Packed Lunch Policy, following guidance on the national standards for meals in schools. It is also part of the former Healthy Schools initiative.

- To make a positive contribution to children’s health
- To encourage happier and calmer children
- To educate children about making healthier food choices
- To promote consistency between packed lunches and food provided by the school which must adhere to national standards set by the government
- Additional information available from www.childrensfoodtrust.org.uk

This policy was drawn up using a range of national documents including information from the School Food Trust, Food in Schools Toolkit and Food Policy in Schools – a framework for Governing Bodies.

Policy Application

This policy applies to all pupils and parents providing packed lunches to be consumed within school or on school trips / visits during school hours.

Food and Drink in Packed Lunches – Guidance

- The school will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times
- The school will provide attractive and appropriate dining room arrangements. During the Summer, children can access outdoor dining facilities
- The school will support parents to ensure that packed lunches are a healthy option

Information for Parents

Packed lunches should include, wherever possible

- At least one portion of fruit and one of vegetables every day
- Meat, fish or other source of non-dairy protein every day
- Oily fish at least once every 3 weeks
- A starchy food such as bread, pasta, rice, couscous, potatoes, noodles or other type of cereals every day

- Dairy food such as milk, cheese, yoghurt, fromage frais everyday

- Only water, fruit juice, yoghurt or milk drinks

- **Packed lunches should not include**

- Snacks such as crisps. Seeds, vegetables and fruit are an alternative

- Confectionary such as chocolate bars and sweets. Cakes and biscuits are allowed but as part of a balanced meal

- Meat products such as sausage rolls, pies and sausages only included occasionally

**Special Diets and Allergies**

Be aware of nut allergies.

[www.allergyinschools.co.uk](http://www.allergyinschools.co.uk) provides reliable information on allergies in schools

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly.

Parents are encouraged to take responsibility for making packed lunches as healthy as possible.

Pupils are **NOT** allowed to swap items of food.

**Policy Review**

The policy will be reviewed 2 yearly.

We urge all parents and carers to note the contents of the policy and to provide a healthy, nutritional and balanced diet for their child.

Parents and carers will be made aware of the policy through the school website.