



Packed Lunch Policy

2022-2023

Overall Aim of Our Guidelines

To ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritional food that is similar to the food we serve in school, which is regulated by national standards.

Guideline Development

The guidelines were formulated following consultation with the following:

- Pupils and staff and the Student Council.
- The Senior management team.
- Governing body representatives.
- Catering team.
- School staff.

Our Aims

- To make a positive contribution to our pupils health and our healthy schools status.
- To promote consistency between packed lunches and the food provided in school.
- To encourage a happier and calmer atmosphere for pupils and staff by ensuring equality of the food consumed in school.

National Guidance

The guidelines were drawn up using a range of national documents, including information from the School Food Trust and the Food in Schools Toolkit.

Who does the guidelines apply to?

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

- We will provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times.
- The school will work with pupils via the Student Council to provide attractive and appropriate dining room arrangements.
- The school will continue to work with parents to advise them as to 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 to stop food going off.
- Wherever possible we will ensure that packed lunch pupils and 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 every day.
- Oily fish, such as salmon, at least once every three weeks.
- A carbohydrate food such as wholemeal or granary bread, pasta, rice, noodles, potato salad every day.
- Dairy food such as milk, cheese, yoghurt or custard every day.
- Only water, still or sparkling, fruit juice, semi skimmed milk, yoghurt or milk drinks or smoothies.

Packed lunches should not contain:

- We have children in school who have serious nut and sesame seed allergies, please ensure that there are none of these products in any foods that are brought to school.
- Snacks such as crisps. Instead seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or non dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits are allowed, but these should only be eaten as part of a balanced meal.

[Special Diets and Allergies](#)

Parents please be aware of nut allergies. We also recognise that some pupils may require special diets that do not allow for the standards to be met exactly. In this case we urge you to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons we ask that pupils do not swap food items.

[Review and evaluation](#)

Staff on duty, midday supervisors and catering staff will monitor the contents of packed lunches.

Any issues arising from this will be raised with pupils via the Student Council.

Serious concerns will be highlighted to the senior management team.

[Links to school policies/ other areas](#)

The guidelines are relevant to and therefore compliment the School Food Policy. They also link into the curriculum learning in food technology, PHSE, science etc

Dissemination of the policy:

- We will include a copy of the guidelines to all new pupils and parents/ carers.
- We will regular make reference to the guidelines via the school newsletter.

- The guidelines will be available on the school website.
- We will use opportunities such as parent evenings, open evenings etc to promote the guidelines as part of a whole approach to healthier eating.
- All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and be encouraged to support its implementation.