



# **Packed Lunch Policy**

**Overall aim of the policy:**

To ensure that all packed lunches and snacks brought from home and consumed in school or during educational visits provide pupils with healthy and nutritious food.

**Why do we need a 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. Eating healthily is important because it will help children to:

- Be fitter and healthier now and later in life
- Learn quicker 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.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk) for more information.

**Where, when and to whom the policy applies:**

To all pupils and parents providing packed lunches to be consumed here at Maple Grove Primary School.

**Content of Packed Lunches Foods to include:**

We ask that all packed lunches be based on the Children’s Food Trust food based standards for packed lunches (see appendix 1) and should include the following:

- Fruit and Vegetables; at least one portion of fruit and one portion of vegetables
- Protein; meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)
- Oily Fish; such as tinned or fresh mackerel, sardines, salmon, tuna
- Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- Dairy; food such as milk, cheese, yoghurt, fromage frais etc
- Drinks; water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies.
- No fizzy drinks
- Puddings; should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

**Foods to avoid or limit**

These items should be included in packed lunches **no more than once per week.**

- Crisps
- Cakes
- Plain biscuits
- Meat products such as sausage rolls, individual pies, corned meat and sausages

**Packed lunches should not include any of the following:**

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling
- Peanuts and/or peanut products

**Special diets and allergies:**

We ask that parents/carers be aware of nut allergies. The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also **not permitted** to swap food items. As some children in school have nut allergies we ask parents to refrain from including peanuts or peanut butter in lunches.

**Packed lunch Containers**

We ask that parents/carers and pupils provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

**Facilities for packed lunches:**

We will:-

- Provide appropriate facilities to store packed lunches
- Provide free, fresh drinking water
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have a school lunch or packed lunch, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together

**Monitoring:**

Packed lunches are reviewed by lunchtime staff as part of their ongoing supervision of the children. Children eating healthy lunches will be rewarded by stickers and other awards.

Pupils/parents who are not following the guidance will be given a polite verbal reminder, followed by a written reminder of the school's packed lunch policy (See appendix 2). If this has no effect, finally parents will be asked to come in for a consultation with the Head of School or Deputy Head of School.

Pupils' on special diets following verified medical advice will be given due consideration, however this will need to be discussed in advance with the school's Welfare officer.

**Working with parents and carers:**

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches if required. We offer a wide variety of ways to support parents/carers e.g. regular information on newsletters, special meetings and workshops etc.

**Dissemination of the policy:**

The School will write to all new and existing parents/carers to inform them of the policy via the newsletter. The policy will be available on the school's website and will be incorporated into whole school assemblies and the curriculum.

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 staff, including teaching and catering staff and the school Welfare officer, will be informed of this policy and will support its implementation.

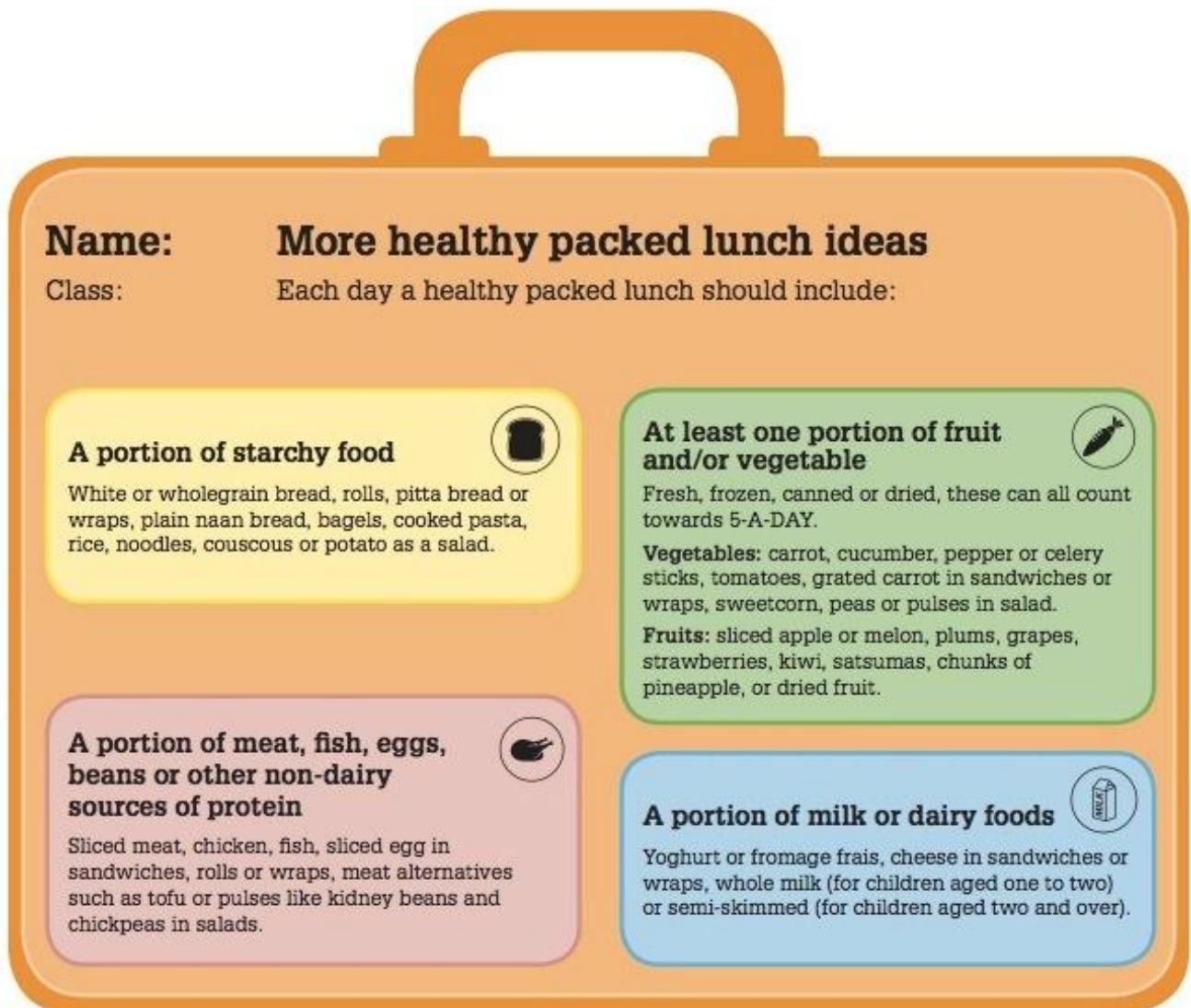
**Policy Review:**

This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

**Dated: November 2016 Review Date: November 2017**





## Appendix A

Each day a healthy balanced packed lunch should include:



**Name:** **More healthy packed lunch ideas**

**Class:** Each day a healthy packed lunch should include:

- A portion of starchy food**   
White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.
- At least one portion of fruit and/or vegetable**   
Fresh, frozen, canned or dried, these can all count towards 5-A-DAY.  
**Vegetables:** carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.  
**Fruits:** sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.
- A portion of meat, fish, eggs, beans or other non-dairy sources of protein**   
Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.
- A portion of milk or dairy foods**   
Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).

## Appendix 2 – Written communication to parents Dear Parent/Carer

Today \_\_\_\_\_ had the following item in their lunchbox. This is not allowed in school and is being returned to you.

Hot liquid

Fizzy drink

Sweets

Chocolate

Other \_\_\_\_\_ (Highlight as appropriate)