



Date Policy Agreed by Governors:		Date Policy to be Reviewed:	
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Packed Lunch Policy

Introduction

The purpose of this policy is to ensure that packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar to the food served in school, which is now strictly regulated by national standards.

Aims

- To make a positive contribution to children's health and wellbeing.
- To encourage happier and calmer children.
- To promote consistency between packed lunches and food provided by school.
- To ensure that our school provides a safe environment for all members of our school community.

Principles

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

- The school will provide facilities for pupils bringing packed lunches into school and ensures that free, fresh drinking water is readily available at all times.
- The school will work with pupils to provide attractive and appropriate dining arrangements.
- The school will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- Parents will need to provide children with a suitable container which they can eat their lunch from (rather than need to take food out and place it on the table).
- Children must only eat their own food and not other children's.

Guidance

This policy was drawn up using a range of national documents, including information from School Food Trust <https://www.schoolfoodtrust.org.uk/> and Food in Schools Toolkit <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>.

Suggestions for food to include in a healthy packed lunch:

- At least one portion of fruit or vegetables every day. Grapes / cherry tomatoes are to be cut in half, to avoid choking hazard.



- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya, hummus) every day (this may be part of a sandwich or salad). Oily fish (e.g. pilchards, salmon, tuna) occasionally.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best, however, milk, fruit juice, drinking yoghurts, milk drinks or smoothies are also acceptable. Energy drinks / fizzy drinks / canned drinks are not considered suitable for packed lunches.
- Cereal bars rather than cakes and biscuits.
- Other suggestions include pretzels, fruit, cheese and crackers, vegetables / breadsticks and dips.

Parents are reminded that packed lunch boxes are not kept refrigerated and are therefore asked to be mindful of this when considering what to include. Ice packs can be used to keep food within packed lunches cold. We also ask that children bring in to school any cutlery that will be needed for eating their packed lunches, e.g. a spoon for yoghurt, fork for pasta.

Children will bring home any rubbish from their packed lunch; this is so that parents can see what has / has not been eaten and supports better recycling of waste in school.

Packed lunches MUST NOT include nuts (including peanut butter and Nutella, or other similar spreads) because of the life threatening risk to others within school who may have a severe allergy.

Special Diets

We recognise that some pupils may have verified medical conditions requiring special diets that do not allow for the standards to be adhered to exactly.

In this case, parents are asked to speak to the School Office and be responsible in ensuring that packed lunches are as healthy as possible.

Snacks

Children in EYFS and Key Stage 1 are provided with free fruit / vegetables for snack, as part of the government School Fruit and Vegetable Scheme (SFVS):

<https://www.nhs.uk/Livewell/5ADAY/Documents/SFVS%20Factfile%20Newsletter%20May%202015.pdf>

In KS2, children may wish to have a break time snack and are required to bring something in from home. However, all children may prefer their own healthy choice of snack.

Healthy snacks include:

- Fruit



- Vegetables
- Dried fruit
- Low sugar cereal bars
- Bread and butter
- Crackers

Please ensure that any cereal bars brought into school for snack are **nut free**, for the safety of those in school with a life threatening allergy.

PLEASE DO NOT SEND YOUR CHILD WITH CRISPS, CHOCOLATE OR SWEETS.

Monitoring

Parents are advised that packed lunches are monitored by our lunchtime staff, as part of their supervision of children. Staff at Hallgate will support children with opening packets and may encourage children to eat more of their packed lunch.

Parents may be contacted, should concerns regarding the content of a child's packed lunch arise. If your child's packed lunch contains nuts, please be aware that the item will politely be removed (an alternative from the school kitchen will be provided) and you will be contacted.

Policy Review

All new parents will be made aware of this policy when their child starts at Hallgate Primary School. It will be reviewed regularly and updates will be published via the school newsletter / website.