



# Packed Lunches Policy

## Packed Lunch Policy

This policy was produced through consultation with the teaching and non-teaching staff, parents and Governors of May Bank Infants School and was approved by the Governing Body in 2008 as an extension to the whole-school Food Policy adopted in 2005 and reviewed in 2011, 2013 and 2017.

It will be reviewed again in 2020

### Overall aim of the policy

This document is a statement of the aims, principles and strategies to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

This policy was developed as part of the review of the whole-school Food Policy in 2008. It re-affirms the school's position on Healthy Eating and therefore extends previous guidelines issued in 2005 to all pupils and parents on providing packed lunches to be consumed within school or on school trips during normal school hours.

This policy aims to promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government. It has the School's Mission Statement and Aims at its heart:

*At May Bank Infants School we work towards the whole and wholesome development of each child.*

**Together  
we grow  
and  
learn.**

It also embraces the Every Child Matters Agenda, the right of every child to:

- Stay safe
- Be healthy
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

It will therefore:

- Make a positive contribution to children's health and Healthy Schools Status;
- Encourage a happier and calmer population of children and young people;
- Contribute to the self-evaluation for review by Ofsted.

The policy was drawn up using a range of national documents including information and

a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools - a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

## Context

May Bank Infants School and Governor Run Nursery caters for children aged three to 7. At present the majority of the pupils are of white United Kingdom origin, with English as a first language, reflecting the local community. The percentage of children eligible for free school meals is well below the national average and the percentage of children with special educational needs is below the National Average.

## Food and drink in packed lunches

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with parents to ensure that packed lunches abide by 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 where possible to stop the deterioration of food.
- Wherever possible the school will ensure that packed lunch pupils and school 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, peanut butter) every day
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- drinks should be water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies only.

## Packed lunches should **not** include:

- snacks such as crisps.

Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

- confectionery such as chocolate bars, chocolate-coated biscuits and

sweets.

Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only **occasionally**.

### **Special diets and allergies**

The school also recognises that some pupils may require 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. For these reasons pupils are also not permitted to swap food items.

### **Assessment, evaluation and review**

Packed lunches will be regularly reviewed by teaching staff, Lunchtime Supervisors and the Headteacher.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

Please note: pupils with special diets will be given due consideration.

### **Linked policies**

This policy should be read in conjunction with a number of policies including Personal, Social, Health, Citizenship and Economic Education; Food; the Disability Equality and Access Plan; Science; Design Technology; Parental Engagement.

### **Dissemination of the policy**

Parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches which conform to the packed lunch policy. The policy will be introduced to all parents at the Induction Meeting for parents of the new intake.

The policy is available on the school's website and a copy can be obtained from the school.

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