



**PRIMARY SCHOOL**

*"Where children and families come first"*

## **Packed Lunch Parental Guidance and Policy**

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| <b>Date Issued:</b>                    | <b>December 2021</b> |
| <b>Prepared by:</b>                    | <b>Head Teacher</b>  |
| <b>Review date:</b>                    | <b>December 2022</b> |
| <b>Date Adopted by Governing Body:</b> | <b>December 2021</b> |

## **Aim**

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.

The policy aims to:

- To make a positive contribution to children's health and Healthy Schools Status;
- To encourage a happier and calmer population of children and young people;
- To promote consistency between packed lunches and food provided by schools, which must adhere to national standards set by the government.

This policy has been formulated to help and guide parents in providing their children with a healthy, nutritious lunch.

## **Roles and Responsibilities**

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

## **Key Expectations**

- Parents of pupils wishing to have packed lunches, are expected to provide their children with lunches that conform to the guidance in this packed lunch policy.
- Parents are asked to send packed lunches in with their child at the start of the school day and not mid-morning.
- Packed lunches will be regularly reviewed by teaching staff / catering staff / midday supervisors.
- Parents are encouraged to follow the guidance in the packed lunch policy.
- If at any point, the school is concerned about the contents of a packed lunch or if children are not eating their packed lunch, parents/carers will be contacted.
- The school will provide facilities for pupils bringing in packed lunches to eat them and a classroom trolley is provided
- The school will ensure that fresh drinking water is readily available at all times if children do not have a drink.
- If a child forgets their lunchbox, the school will attempt to contact parents to arrange for a replacement to be dropped off in school. If this cannot be done, the children will be given an emergency school lunch. Parents will be required to pay for this.
- Children are not permitted to remove items from their lunchbox outside of the lunchtime period.
- Staff in the dining hall will monitor and assist children with their packed lunches as requested.
- Children are not allowed to share or swap food items.

The school will work with parents to ensure that packed lunches abide by the standards listed below.

- Children are advised to bring packed lunches in insulated bags with freezer blocks, where possible.
- Children are expected to eat/try most of the items in the lunchbox and parents are asked only to add foods they expect their child to eat.
- Children are expected to bring home all packaging and containers in their lunchbox so parents can review what their child has eaten.
- Parents must supply a spoon for yoghurts/jelly etc

Please try to ensure that you provide enough food so that your child does not go hungry, but that they do not have so much that they struggle to finish it or are over-faced.

This policy will be reviewed in 2022

As a guide to healthy eating, packed lunches should include:

- At least one portion of fruit and one portion of vegetables;
- Meat, fish or another source of non-dairy protein every day;
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other cereal;
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard
- Only water, fruit juice, milk, yogurt/milk drinks or smoothies;
- Drinks should ideally be diluted sugar free squash or diluted fresh juice.



**Packed lunches should NOT include:**

- Snacks such as crisps, instead include breadsticks, seeds, raisins, savoury crackers etc.
- Chocolate bars or sweets, instead include fruit, raisins, plain biscuits
- Ready-made sugar rich drinks or fizzy drinks.
- **Nuts of any kind or nut based products such as cereal bars, Nutella or Peanut Butter.**

### **Special diets and allergies**

PLEASE be aware that some of our children have a range of serious allergies, particularly nut allergies. Please consider this when preparing your child's lunchbox.

We recognise that some pupils have certain dietary needs that do not allow for the standards identified here to be met exactly. In this case, parents are urged to be responsible for ensuring that packed lunches are as healthy as possible.

### **Dissemination of the policy**

We will write to all new and existing parents/carers to inform them of the policy. The policy is available on the school website.

We will use opportunities such as parent's evenings and school trips, to promote this policy as part of a whole school approach to healthier eating.

Please visit [Lunchbox Ideas | Recipes | Change4Life \(www.nhs.uk\)](#) for more information.