

Packed lunch policy

Name of school: Bradley Green Primary Academy

Policy approved and adopted: 8.2.18

Due for review: 31/08/18

Overall Aim of the Policy

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.

How and Why the Policy Was Formulated

- 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 school food standards.

National and Local Guidance

The policy was drawn up with the support of the Tameside and Glossop Children's Nutrition Team using a range of national documents.

Where, When and To Whom the Policy Applies

To all pupils and parents providing packed lunches to be eaten within school, or on school trips, during normal school hours.

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 the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches meet 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 keep the food fresh.
- 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, houmous, peanut butter and falafel) 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 or potatoes every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed Lunches Should Not Include:

- Snacks such as crisps. (Instead, include seeds, vegetables and fruit - with no added salt, sugar or fat - savoury crackers or breadsticks served with fruit, vegetables or dairy food.

- Confectionery such as chocolate bars, cereal bars, chocolate-coated biscuits and sweets or yoghurts with any form of confectionary. (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 only be included occasionally.)

Special Diets and Allergies

The school recognises that some pupils may require special diets that don't exactly conform to the school food standards. So parents should take extra care to ensure those packed lunches are as healthy as possible and discourage their children from swapping food items.

Assessment, Evaluation and Reviewing

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors.

Healthy lunches will be rewarded by stickers / certificates / congratulatory letters home / etc.

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.

Involvement of Parents/Carers

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents and the school nutrition action group / packed lunch group informed as outlined below.

Linked Policies

Healthy eating policy

Sharing the Policy

The school will tell all parents/carers about the policy. It will be in the school newsletter, website, prospectus, shared in assemblies, etc.

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.

It will be shared with all school staff, including teaching and catering staff, securing their support in its implementation.

Signed

Date

Review Date