

SS Peter and Catholic Primary School



Packed Lunch Policy

Date updated: March 2020

Review Date: March 2022

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 promote healthier diets for our pupils
- To help pupils understand that healthy eating supports success in class and in sports
- To support children to understand how to maintain a healthy weight
- To promote consistency between packed lunches and food provided by schools, which is regulated by national nutritional standards
- To encourage a happier and calmer population of children and young people
- To contribute to the school's self-evaluation, for review by Ofsted
- This policy has been formulated following consultation with pupils and parents
- Parents and carers have been invited into school to sample meals and meet catering officers
- The Student Council has been consulted over what makes a healthier packed lunch and why the school should encourage healthier options
- The school's Governing Body has approved this policy and welcomes feedback from pupils, parents and carers

More information regarding healthier packed lunches is available from the Council's catering team on tel. (0191) 4246710 or The School Food Trust website www.theschoolfoodtrust.org.

National guidance

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).

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 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 keep the food as fresh as possible.

Packed lunches should include

- at least one portion of fruit and one portion of vegetables/salad every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day

- 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
- 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, except on “treat” days e.g. Fridays. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or bread sticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as branded chocolate bars and sweets. Cakes and biscuits should be of sensible, age-appropriate portion sizes (e.g. one chocolate covered biscuit per day) but please encourage your child to eat these only as part of a balanced meal.
- Drinks with a high sugar content and additives, including fizzy drinks (these encourage tooth decay and have little or no nutritional value)
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.
- Nuts or nut based foods due to potential food allergies.
- Glass (for safety reasons)

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. Ideas for better packed lunch contents are featured on the school website.

Assessment, evaluation and reviewing

Healthy lunches will be rewarded by congratulatory stickers and Head Teacher’s

Awards. 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, including Reception and Key Stage 1 children are expected to eat the lunch provided by the school. School works closely with South Tyneside Catering Services and parents to cater for and accommodate any individual dietary requirements.

Parents of pupils in Key Stage 2, 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. Parents are asked to apply for their child to take a packed lunch **at the start of each new term (there are a limited number of places available for packed lunches; a list is kept in the main office)** but children can switch to school meals any time – no notice is required. Nursery children, accessing the 30 hours provision, can provide their children with a packed lunch. The school will keep the parents and the School Student Council informed as per the methods detailed below under “Dissemination of the Policy”.

Dissemination of the policy

The school will inform all new and existing parents/carers of the policy via the school website and newsletters.

The policy will be available on the school’s website and will be incorporated into the school prospectus.

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.