

Packed Lunch Policy



Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

- To promote healthier diets for our children
- To help children understand that healthy eating supports overall health and well-being
- To support children to understand how to maintain a healthy/balanced diet
- To ensure that our school meets the criteria for Healthy Schools status
- 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
- 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.

Food and drink in packed lunches

- The school will provide facilities for children who bring in packed lunches and ensure that fresh drinking water is readily available at all times.
- The school will work with the children to provide attractive and appropriate dining room arrangements
- The school will work with and encourage 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 appropriate insulated bags to keep the food as fresh as possible.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Packed lunches could 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
- water still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Try to avoid:

- snacks such as crisps. Instead include savoury crackers or breadsticks served with fruit, vegetables or dairy food.

- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are permitted in sensible, age-appropriate portion sizes but please encourage your child to eat these only as part of a balanced meal.
- Drinks with a high sugar content (these encourage tooth decay and have little or no nutritional value)
- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Glass (for safety reasons)

Special diets and allergies:

- **Packed lunches must NEVER include nuts or nut products – including peanut butter and Nutella. These products have life threatening risk to children who may have a severe allergy. We are a nut free school. Chadwick's Kitchen provide entirely nut free school lunches.**
- The school 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.
- Children are NEVER permitted to swap food items.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by school staff at lunchtime. 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: child with special diets will be given due consideration.

Involvement of parents/carers:

Children are normally expected to eat the lunch provided by the school. However, parents of children 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 choose at the beginning of each full term IF child will have a packed lunch from home **OR** a school lunch prepared by kitchen staff. **This choice will stay in place for the FULL term.**

Dissemination of the policy:

The school will inform all new and existing parents and carers of the policy. 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.

Start Date:	Review Date:	Adopted:
May 2025	May 2027	June 2025