

# St Peter's Catholic Primary School

## Packed Lunch Policy



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|---------------------------|------------------------|
| Policy                    | Packed Lunch Policy    |
| Date                      | September 2022         |
| Date of review            | September 2024         |
| Signed Chair of Governors | <i>Eugene McCarthy</i> |
| Signed Headteacher        | <i>Clare Scott</i>     |

***We, the family of St Peter's, united in faith by God strive to learn and grow together to be the best we possibly can every day.***

# **Packed Lunch Policy**

## **Aim of the policy:**

The aim of this policy is to ensure that all food brought from home, consumed both at school or on school trips, provides pupils with healthy and nutritious food. All food available in school is governed by legislation, it is therefore important we uphold these standards in packed lunches in order for children to have access to a healthy diet.

## **Purpose of the policy:**

This policy intends to make a positive contribution to children's health at St Peter's. To support a 'Healthy Schools' status, we must ensure that our packed lunches reflect the healthy and nutritious food offered by our catering team. In promoting this we will encourage happier and calmer pupils as a result of a healthy mind diet.

## **The School's Responsibility**

The school will ensure that eating food from home is a sociable experience. Our policy aims to enhance this by:

- Providing a welcoming dining environment that is appropriate, hygienic and attractive, with a seat and a place to eat.
- Ensuring good behaviour and consideration for others is maintained. Providing fresh water and milk at all times.
- Staff supervising pupils eating food from home are aware of school policy and hygiene procedures.

## **Special diets and allergies:**

The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. In this case parents and carers are responsible firstly for making school aware of the child's needs and for ensuring the food from home is specific for the child's needs.

A balanced diet is necessary so on some special occasions throughout the school year, children will be allowed a treat. This may be during class parties or at fundraising events. Birthdays will be celebrated, but we kindly ask that only small fun-sized treats be shared with the rest of the class.

### **We would like all Lunch Boxes to include:**

- At least one portion of fruit/vegetables (apple, dried fruit, cherry tomatoes, carrot sticks etc).
- Meat, fish or other source of non-dairy protein (chicken, turkey, tuna, lentils, chick peas etc).
- A starchy food such as any type of bread, pasta, rice, cous cous, noodles, potatoes or cereal.
- Dairy foods such as cheese, yoghurt, fromage frais or custard.
- Water is the most suitable drink to keep children hydrated throughout the day. Alternatives could also include sugar free squash, no added sugar juice drinks, drinking yoghurts or smoothies.
- A healthier alternative to crisps such as baked crisps or savoury popcorn.

### **Please try to avoid:**

- Snacks such as crisps.
- Confectionary such as chocolate bars, biscuits and sweets (try cereal bars as an alternative).
- Fizzy drinks.
- Drinks in glass bottles, or ring pull cans.
- Lunch boxes should not regularly include items that are high in fat or salt. For example cooked sausages, sausage rolls, chipolatas, corned meat or meat pies.
- Nuts (for the safety of children with allergies).

### **Monitoring and Evaluation**

The policy will be reviewed annually by the Head teacher and the Healthy Schools Co-ordinator. This will include an evaluation of learning activities and the monitoring of food choices. Packed lunches will be monitored by the lunchtime staff as part of their supervision of the children. Pupils or parents who are not following the healthy school's guidance may be given a polite reminder alongside suggestions to support their child's balanced diet.

The school will evaluate the impact of the healthy eating policy by feedback received from parents and governors. This policy will be reviewed every 2 years.

### **Review**

Date policy implemented: June 2021

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