

Aim of the policy

The aim of the policy is to ensure that all food brought from home, consumed at school or on school trips provides pupils with healthy and nutritious food. All food served in school is governed by legislation, it is therefore important to have a comparable policy for food and drink brought from home.

The Packed Lunch Policy is intended to;

1. Make a positive contribution to children's health
2. Support the school's Healthy School status
3. Encourage a happier and calmer school population
4. Contribute to the self-evaluation for review by OFSTED
5. Promote consistency between food brought from home and food provided by the school.

The policy applies to:

- All food brought from home to be consumed in school at lunch time or at other times during the school day including on a school trip.
- All staff eating food brought from home within school or on a school trip in the presence of pupils.

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 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. For example a diabetic child may need to bring in emergency sweet snacks to school. In these cases 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.

The school does not allow the swapping of food items between pupils.

The school does not allow for children to bring confectionary, cakes or crisps into school to celebrate their birthdays or religious events. Only individually wrapped sweets are allowed.

In line with the government guidelines of a balanced diet, on some special occasions throughout the school year, children will be allowed a treat. This may be during class parties or at fundraising events.

Lunch Boxes must include:

- At least one portion of fruit/vegetables (apple, dried fruit, cherry tomatoes, carrot sticks etc)
- A portion of meat, fish or other source of non-dairy protein (chicken, turkey, tuna, lentils, chick peas etc) Oily fish such as salmon at least once every month.
- A starchy food such as any type of bread, pasta, rice, noodles, potatoes or cereal.
- Dairy foods such as cheese, yoghurt, fromage frais or custard.
- Low sugar squash or water.
- Healthier alternatives to crisps such as baked crisps or savoury popcorn.

Please avoid:

- Snacks such as regular crisps.
- Confectionary such as chocolate bars, biscuits and sweets.
- Fizzy drinks, drinks with added sugar or sweetener.
- Drinks in glass bottles, or ring pull cans.
- The remains of the previous evening's takeaway.
- Lunch boxes should not regularly include items that are high in fat or salt. For example cooked sausages, sausage rolls, chipolatas, corned meat, meat pies.

In implementing the Policy the school should aim to:

- Inform parents, carers and pupils of the policy via letter, website, and assembly etc. ***including ideas for a healthy lunch box.***
- Use all opportunities to promote this policy as part of the whole school approach to healthy eating.
- Ensure that all school staff are aware of the policy and support its implementation.
- Any item that does not conform to the school policy will be taken from the child and returned to them at the end of the day.
- Contact the parents and carers of a child who regularly brings a lunch box into school that does not conform to the policy to discuss the way forward.

Review and Evaluation

The policy should be reviewed annually by the Headteacher and governors. This will include evaluation of learning activities and the monitoring of food choices.