

HEAVERS FARM PRIMARY SCHOOL

PACKED LUNCH POLICY

January 2013

AIMS

- To contribute to pupils' health and well-being
- To help the school achieve and maintain Healthy Schools status.
- To educate pupils about healthy life choices
- To encourage a happier and calmer population of children
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set out by the government. Please visit www.schoolfoodtrust.org.uk for more information
- To contribute to school standards regularly reviewed by Ofsted

WHERE, WHEN AND TO WHOM THE POLICY APPLIES:

The packed lunch policy applies:

- To all pupils and parents/carers providing packed lunches to be consumed within school or on school trips
- To all pupils eating snacks before and after school whilst on school grounds
- To all adults eating a packed lunch within school or on school trips during school hours in the presence of pupils.

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 ensure that tables where pupils eat their lunches in the dining hall are tidy and hygienic.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.
- The school will ensure that staff supervising pupils eat packed lunches are aware of food hygiene procedures.
- The school will ensure that eating packed lunches is a sociable experience for children and that they learn and use a high standard of table manners.
- If a child brings in an item that is not permitted, it will be passed to the class teacher and returned to the child at the end of the day.

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, hummus 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, potatoes** or other type of cereals every day.
- Dairy food such as **semi-skimmed milk, cheese, fruit yoghurt, fruit fromage frais** or **custard** everyday
- A drink such **100% fruit juice, semi-skimmed milk, yogurt drink** or a bottle of **water**

PACKED LUNCHES SHOULD NOT INCLUDE:

- Snacks such as **crisps**.
- **Nuts and nut products** (we have a number of children with severe nut allergies in school)
- **Drinks with added sugar, sweeteners, colouring or additives** (school will supply water for all children)
- **Confectionery** such as **chocolate bars** and **sweets**.
- **Meat products** such as **sausage rolls, individual pies, corned meat** and **sausages / chipolatas, Mattesson meat products** should be included **only occasionally**.

One cake or biscuit is allowed but encourage your child to eat these **only as part of a balanced meal** which includes a good range of the elements on the '**should include**' list above.

BREAK TIME SNACKS SHOULD INCLUDE:

- Fresh fruit
- Fresh vegetables (**carrot, cucumber, celery sticks etc**)
- Dried fruit (**raisins, sultanas**)
- Water (water fountains are available to fill up bottles)

BREAK TIME SNACKS SHOULD NOT INCLUDE:

- **Confectionery** such as **chocolate bars, chocolate-coated biscuits, cakes** and **sweets**.
- **Cereal bars**
- **Crisps** or **any crisp like products**
- **Any products with nuts in.**
- **Meat products** such as **sausage rolls, individual pies, corned meat, Mattessons meat products** and **sausages / chipolatas, chicken nuggets** and **chicken goujons**. (**Meat products are allowed for packed lunches only**).

SPECIAL DIETS AND ALLERGIES

The school recognises that some pupils may require special diets for medical or religious reasons 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**.

If your child has a medical need that means they cannot meet the above standards then a **Medical Action Plan** should be completed and given to the office staff. Parents should bring to the attention of the class teacher and the Phase Leader any issues connected with their child's diet. Consultation can be arranged with the **school nurse** if required.