



Packed Lunch Policy

Aim of the Policy

The aim of this policy is to ensure that packed lunches brought from home and consumed in school or on school trips provide learners with healthy and nutritious food that is similar to food served in school.

Formulation of the Policy

This policy was formulated jointly between Holley Park Healthy Schools Co-ordinator and school council. The policy was formulated to:

- Make a positive contribution to pupil's health.
- As part of an application for Healthy School Status.
- Encourage a happier and calmer learning environment.
- Promote consistency between packed lunches and food provided by the school.

National Guidance

This policy was drawn up using a range of national documents and a draft policy from the School Food Trust.

Implementation

This policy will apply to all pupils consuming a packed lunch within school or on a school trip.

Guidelines for Packed Lunches:

- We will work with parents to support them to ensure that packed lunches meet the national standards.
- We will listen to pupils for suggestions for the dining hall and arrangements over the lunchtime period.
- Fridge space is not available for the storage of packed lunches. We provide a dedicated space away from radiators and heaters but recommend that packed lunches are brought in insulated bags to avoid food poisoning/deterioration.

Packed Lunches Should Try to Include:

- At least one portion of fruit and one portion of vegetable each day.
- A portion of meat, fish or other non dairy protein e.g. lentils, kidney beans, chickpeas, hummus, or quorn product, each day.
- Oily fish, such as salmon/sardines/mackerel at least once every three weeks.
- A starchy food such as bread, potatoes, pasta, rice, couscous, noodles or other type of cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.

- Water, fruit juice, diluted sugar free juice, semi skimmed or skimmed milk, yogurt or milk drinks.

Packed Lunches Should Try Not to Include:

- Fried snacks such as crisps. Instead include baked crisps, savoury crackers, breadsticks and seeds.
- Confectionary such as chocolate. One biscuit or a cake may be included as part of a balanced diet.
- Meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally.
- Any product containing nuts (due to there being children with severe nut allergies within school)

Morning Break Snacks

Examples of acceptable snacks are:

- Plain rice cakes or crackers
- Breadsticks Fresh fruit Raw chopped vegetables

Unacceptable snacks include

- Chocolate or chocolate biscuit bars
- Cereal bars
- Sweets
- Crisps
- Cakes

Special Diets and Allergies

School recognises that where a pupil has an allergy or medical condition that requires a special diet the packed lunch standard may not exactly be met. In this case parents should inform the school so that suitable arrangements can be made to meet the medical need and to ensure that packed lunches are as healthy as possible.

The school will then take relevant medical advice from the school nurse. It is for medical reasons and because of allergies that pupils are not allowed to swap food items.

Assessment and Evaluation

Packed lunches will be regularly reviewed by staff. Healthy lunches will be included in pupil reward schemes. Where packed lunches do not conform to the national standard a leaflet will be placed in the packed lunch box informing parents of the policy. If a pupil regularly brings a packed lunch that does not conform to the policy then the school will contact the parents/carers to discuss this.

Linked Policies

The school has a number of policies linked to healthy eating these include Science, Technology and PHSE

Dissemination of the Policy

This policy will be shared with all parents via the school newsletter, prospectus and the web site. It will be shared with new parents at their child's induction (meet the teacher meetings/parents evenings). The school will provide opportunities such as parent's evenings to promote the policy as part of a whole school approach to healthier eating.

A healthy mid morning fresh fruit snack is provided for all children in Key Stage 1. Parents of children in Key Stage 2 are invited to send in a healthy snack for their child to enjoy at break time (see above examples).