

ST PETER'S CE PRIMARY SCHOOL



'For the children to realise their God-given gifts and talents, and grow following the example of Jesus.'

Matthew 19:26- But Jesus looked at them and said, "With man this is impossible but with God all things are possible"

PACKED LUNCH POLICY 2022

Introduction

What children eat at school is important and school lunches have to meet strict standards to provide 1/3 of a child's daily nutrient requirements. Research from the Food Standards Agency (School Lunchbox Survey) and later research by the School Food Trust has shown that the majority of lunchboxes surveyed were high in fat, sugar and salt. The school also respects the role parental judgement in giving their child a healthy balanced diet and wants to continue working alongside parents.

It is essential that parents check the ingredients of their children's packed lunch to ensure that there are no ingredients that could cause harm to children with specific allergies such as nuts. This policy is for all pack lunches so covers trips as well as lunch time in school.

Aim:

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips during normal school hours. It aims to:

- To ensure that no food is brought into school that could endanger other children.
- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in schools.
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood, setting a trend for lifelong health and wellbeing.
- To work with parents to ensure that we have fit and healthy children.
- To allow pupils to understand the importance of a balanced diet, including the place for occasional 'treats'.
- To work with parents to ensure that packed lunches abide by the standards listed below and give suggestions for healthy lunches when possible.

This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating and builds upon curriculum teaching in science and PSHE.

Lunchtime arrangements

- The school will work with the pupils to provide appropriate dining room arrangements where pupils eating school meals and packed lunches are able to sit together.
- The school will ensure that free, fresh drinking water is readily available at all times.
- All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.
- It would be helpful if the children could have a lunch box, where the lid can be used as an area to eat the food from. This limits the foods contact with the tables.
- Pupils are not allowed to share their food with other children. Please make sure that your child knows this.

Food contained in a packed lunch

Packed lunches may include the following every day:

- **Fruit and Vegetables** – at least one portion of fruit and one portion of vegetables or salad.
- **A starchy food** like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- **Non-dairy source of protein** – meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- **Dairy products** such as milk, cheese, yoghurt, fromage frais.
- **Drinks** – the school provides water but drinks, such as 100% pure fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies are permitted. Children may bring low sugar cordial, well-diluted with plain water.
- **Oily fish**, such as salmon, are recommended to be included at least once every three weeks.

Packed lunches should never include:

- Confectionery such as chocolate bars, sweets and chewing gum.
- Any product containing nuts, including chocolate spreads, satay chicken, peanut butter etc.
- Fizzy/sugary drinks. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.

Occasionally, the following foods which have a higher sugar or fat content, may be included as part of a balanced diet:

- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas.
- High fat, high salt, high sugar snacks such as sweet popcorn and other high fat/salt packet savoury snacks.
- Cakes and biscuits. **(Please check that they do not contain nuts)**
- Honey, jam or marmalade as a sandwich filling.
- Cereal bars- **(Please check that they do not contain nuts)**, fruit bars or chocolate-coated biscuits.
- Potato crisps

Assessment, evaluation and reviewing:

- Packed lunches will be regularly reviewed by midday meal supervisors.
- While respecting the parents' right to provide a balanced diet, 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.
- Pupils with special diets or food allergies will be given due consideration.

Special diets and allergies

The school will work with parents whose children have food allergies or those with specific dietary needs, to keep them safe. For these reasons pupils are also not permitted to swap food items. For this reason the school may have to ask parents not to send in certain foods that other children are allergic to therefore we are a **NUT FREE SCHOOL**.

The school also 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. In these cases the SENCO and kitchen staff will work closely with the parents to ensure needs are met.

Health and safety

It is the responsibility of the parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. No glass containers or metal tins are allowed. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of packed lunches

The school will provide storage areas/facilities for packed lunch bags, in the most convenient and appropriate place possible. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Dissemination of the policy

The school will write to all new and existing parents/carers to inform them of the policy. The policy will be available on the school's website .

Policy review

This policy will be reviewed as part of the school's agreed policy review process. In addition, any major legislative or governmental changes regarding school food may lead to this policy being amended.

Date of Review: January 2022

Date of Next Review: Spring 2023