

Walton CEVC Primary School

“Every Child, Every Chance, Every Day”

Packed Lunch Policy

October 2024



Approved by the Governing Body of Walton CEVC Primary School

Chair of Governors.....

Date.....

1. Introduction

What children eat at school is important and school lunches should meet strict standards to provide a third of a child's nutrient requirements. This policy includes recommendations for healthy eating but recognises that the school can only encourage and not insist when food is bought in from home. The policy should be read in conjunction with the School Food Policy.

2. Aim

This aims of this packed lunches policy are;

- to improve the nutritional quality of packed lunches and other foods taken into schools.
- 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 changes.

This policy applies to all pupils and parents and carers providing packed lunches and other foods to be consumed within school or on school trips during normal school hours. This packed lunch policy fits within a wider context of promoting a whole school approach to food and healthy eating.

3. The policy

- The school will work with the pupils to provide attractive and appropriate dining room arrangements. All pupils will eat packed lunches in the hall
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- The school will ensure that free, fresh drinking water is readily available at all times.
- Pupils are advised to bring packed lunches in appropriately insulated bags or containers.
- Glass bottles and cans are not permitted due to safety issues that could arise.
- Where practical, 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
- Parents and carers will be notified by the child's classteacher if there are any concerns regarding the contents of packed lunches.

4. Food contained in a packed lunch

Ideally packed lunches should be based on the Eat Well plate model and should try to include the following most days:

- **Fruit and Vegetables** - at least one portion of fruit and one portion of vegetables or salad.
- **Non-dairy source of protein** - meat, fish, egg, beans or pulses such as lentils, kidney beans, and falafel etc..
- **A starchy food** like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.

- **Dairy foods** such as milk, cheese, yoghurt, fromage frais.
- **Drinks** - the school provides water, healthier drinks, such as water, 100% pure fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies are permitted. Wherever possible, water should be encouraged.

To keep packed lunches in line with the food based standards for school meals, **ideally** packed lunches should **not** include:

- High fat, high salt, high sugar snacks such as crisps, sweet popcorn, other high fat / salt packet savoury snacks such as crisps.
- Chocolate-coated biscuits.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Cereal bars and fruit bars.
- Fizzy / sugary drinks or fruit flavoured squash. 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 may be included:

- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.
- Cakes, chocolate covered and plain biscuits and crisps are allowed but children should be encouraged to eat these only as part of a balanced meal and these should not be daily.

NOTE: School does not permit chocolate bars, sweets, chewing gum or fizzy drinks at all.

Special diets and allergies

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. For these reasons pupils are also not permitted to swap food items.

NOTE: The school is a nut free zone so packed lunches should not contain peanuts, sesame seeds and any other nut based products as there are pupils within school have serious reactions to these food types.

5. 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. 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 area / 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. Additionally, the school will not warm foods prepared at home.

6. Assessment, evaluation and reviewing:

- Packed lunches will be regularly reviewed by Midday Supervisors
- 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 diet or food allergies will be given due consideration.

7. Dissemination of the policy

- The policy will be available on request from the school office.
- The school may use opportunities such as parents evenings, newsletters and induction packs to promote this policy as part of the whole school approach to healthier eating.
- All school staff, including teaching and catering staff will be informed of this policy and will support its implementation.

8. Policy Review

This policy will be reviewed as part of the schools agreed policy review process by governors every three years.

Conclusion

We believe that by educating the children according to this policy they will be further equipped to make healthy food choices for life.

Due for review October 2027