

Plumpton School

Packed Lunch Policy

Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards

The purpose of the policy is:

- To make a positive contribution to children's health and Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which must adhere to national standards set by the government. Please visit www.schoolfoodtrust.org.uk/nutrientstandards for more information.
- To contribute to the self-evaluation for review by Ofsted.

National guidance:

The policy was drawn up using a range of national documents including a toolkit and a draft policy from the School Food Trust and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

To whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

Food and drink in packed lunches: what the policy states

- 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 work with parents to ensure that packed lunches abide by the standards listed below.
- 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.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

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, peanut butter 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, breadsticks or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday

Please note - water to drink will be provided by school for all the children who bring a packed lunch, as it is for all the children who have a school meal.

Packed lunches should **not** include:

- fizzy drinks, cartons of juice, squash or fruit juice
- snacks such as crisps
- confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

As a general rule we say no to anything pre-packed in a packet.

Special diets and allergies

Be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

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.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff / midday meal supervisors).

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in the packed lunch informing them of the Policy. 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.

Please note: pupils with special diets will be given due consideration.

Involvement of parents/carers:

Pupils are normally expected to eat the lunch provided by the school. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents informed as per the methods detailed below under "Dissemination of the Policy".

Dissemination of the policy:

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.

The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.