



## PACKED LUNCH POLICY

### 1. POLICY STATEMENT

As a Healthy School we at Biddick Primary and Nursery School ensure that our school meals meet all of the food based standards for school lunches set by the Healthy Schools Programme, and pupils are encouraged to eat the lunch provided by the school. Parents of pupils wishing to have packed lunches are expected to provide their children with food that conform to the packed lunch policy.

This policy was produced using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department for Health) and Food Policy in school - a strategic policy framework for governing bodies, (National Governors' Council (NGC) 2005)

### 2. AIMS

To ensure that all packed lunches brought from home and consumed in school (or on schools trips), provide the pupils with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

### 3. PURPOSE

The packed lunch policy was introduced for the following reasons:

- To make a positive contribution towards children's health.
- To support the school in its drive towards 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 the school which must adhere to national standards set by the government. Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information.

#### 4. TO WHOM THE POLICY APPLIES

This policy applies to all pupils and parents providing packed lunches to be consumed within our school or on school trips during normal school hours beginning from September 2010

#### 5. PACKED LUNCHES SHOULD INCLUDE :

- At least one portion of fruit and one portion of vegetable every day.
- One portion of meat, fish or other source of non dairy protein (eg. Lentils, kidney beans, chickpeas, hummus, peanut butter) every day.
- Oily fish such as salmon at least once every three weeks
- A starch food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereal every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi skimmed or skimmed milk, yoghurt or milk drinks and smoothies to drink (No fizzy pop.

#### 6. PACKED LUNCHES SHOULD NOT INCLUDE

- Fizzy drinks
- Snacks such as crisps
- Confectionary 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.)

Instead of crisps you could include, seeds, vegetable and fruit, savoury crackers or bread sticks served with fruit, vegetables or dairy food.

#### 7. SPECIAL DIETS AND ALLERGIES

The school 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 not permitted to swap food items.

## 8. DISSEMINATION OF THE POLICY

The school will inform all new and existing parents/carers of the policy. The policy will be available on the schools website. All school staff, including teaching and catering staff and the school nurse will be informed of this policy and will support it's implementation.

This policy will be renewed to take account of new developments.

### . CONCLUSION:

This policy also needs to be in line with other school polices and therefore should be read in conjunction with the following:

Equal Opportunities Policy

Health and Safety Policy

*P.E. policy*

Member of staff responsible: Rachel Littlefair

Date policy reviewed: Sept2017

Date approved by the full Governing  
body:

Date to be reviewed: 9/2018

**Update to Policy Record Sheet**

<b>Date</b>	<b>Reference / aspect of policy to update</b>	<b>Suggested amendments to consider at next review.</b>

