



Starks Field Primary School

Packed Lunch Policy

Signed By Chair of Governors: _____ Date: _____

Head Teacher: _____ Date: _____

Last Reviewed: Spring Term 2019

Review Date: Spring Term 2020

Introduction:

School meals and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children.

Aims:

To make sure that children who bring a lunch from home to eat in school (or on school trips) have food that is just as healthy and nutritious as food now served in school that is regulated by national standards.

To give clear guidance to parents, carers, pupils, governors and staff on providing a healthy packed lunch. We believe that a healthy packed lunch can contribute to the health of children and young people and needs to be consistent with the nutritional standards provided by school meals.

The policy applies to all packed lunches consumed within school, including in After-School Club, on school trips and school journeys taking place during the school day.

Development of the Policy:

This packed lunch policy has been developed using a range of national documents. The school will continue to work with parents to ensure that packed lunches at Starks Field abide by this policy.

Content of Packed Lunches:

- Fruit and Vegetables: at least one portion of fruit, vegetables or salad a day
- Carbohydrate: starchy food such as bread, pasta, rice, couscous, noodles, potatoes (not fried)
- Dairy: food such as milk, cheese, yoghurt, fromage frais or soya products
- Drinks: water, pure fruit juice (no added sugar), milk, yoghurt drinks or smoothies
- An un-iced cake or a small packet of biscuits – not to contain chocolate
- Sandwich fillings to be savoury only - no jam, honey or chocolate spread

The following should not be included in packed lunches:

- Fried food
- Crisps
- Chocolate, including chocolate spread and chocolate chips
- Nuts and nut products
- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Squash (including sugar-free)
- Confectionary such as chocolate bars, chocolate-covered biscuits and sweets

Special diets and allergies:

We ask that parents/carers be aware of nut allergies. For this reason pupils are not permitted to swap food items. As some children in school have nut allergies we ask parents to refrain from including nuts or peanut butter in their lunch boxes.

Packed Lunch Containers:

We ask that parents/carers and pupils provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks to keep food cool.

Staff:

To support a whole-school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

Facilities for packed lunches:

We will:

- Provide appropriate facilities to store packed lunches.
- Provide fresh drinking water or milk for any child without a suitable drink.

Playtime snacks:

Children in EYFS and KS1 receive a piece of fruit every day. Children in KS2 may bring in a piece of fruit to have at morning break. No other snacks are allowed.

Monitoring:

To promote healthy eating we will regularly monitor the content of packed lunches. We will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches. If a lunch is not deemed to meet nutritional standards parents will be advised on the changes that need to be made.

Any sweets or sugary drinks will be sent home at the end of the day. Water will be provided as an alternative. If a child's packed lunch continues not to follow the guidance then the parent/carer will be asked to come in for a consultation with a senior member of staff.

Working with parents and carers:

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches if required. We offer a range of ways to support parents/carers, e.g. regular information on newsletters, parents meetings and workshops.

Pupils on special diets following verified medical advice will be given due consideration.

Packed lunches at Starks Field

We are a healthy eating school and our packed lunch policy reflects this. Below are some of the foods that are allowed and are not allowed.

Please speak to the office if you have any further queries.

Yes



No



Drinks:



water



Drinks:



flavoured water



100% fruit juice



orange squash



yoghurt drink



Capri Sun drinks



milk



fizzy drinks



Savoury food

Savoury food





sandwiches with healthy fillings (e.g. cheese, tuna, chicken)



baked crisps



bread sticks



vegetables



sandwiches with chocolate spread



crisps



nuts

Sweet snacks



yoghurt



fruit



Sweet snacks



chocolate



cereal bars



chocolate iced or chocolate chip cake bars/cakes



chocolate iced or chocolate