



Holme St Cuthbert School Packed lunch Procedure

Overall aim of the procedure:

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

Why the procedure was formulated:

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.childrensfoodtrust.org.uk for more information.
To contribute to the self-evaluation for review by Ofsted.

National guidance:

The procedure 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).

Where, when and to whom the procedure applies:

To all students and parents providing packed lunches to be consumed within school during normal school hours.

Food and drink in packed lunches: what the government procedure states

- The school will provide facilities for students bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the students to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches abide by the standards listed below.
- If a student brings in hot liquids in flasks (such as soup or hot chocolate), they may need to sit a safe distance from others to avoid the risk of scalding.

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

☐ only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

- ☐ Snacks such as crisps. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers (mini cheddars, snack a jacks, lentil curls, organic crisps or breadsticks served with fruit, vegetables or dairy food are also a good choice)
- ☐ Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Homemade or good quality cakes (ie not commercially processed or with several additives) and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- ☐ Meat products such as sausage rolls, individual pies, corned meat and sausages /chipolatas should be included only occasionally.

Special diets and allergies

Be aware of nut allergies. At the moment, we have no children in school with nut allergies. If this should change, then we will inform parents and request that no nut products be brought in packed lunches.

The school also recognises that some students may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to inform school and to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons students are also not permitted to swap food items.

Involvement of parents/carers:

Students are normally expected to eat the lunch provided by the school. However, parents of students 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 Procedure”.

Dissemination of the procedure:

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

The policy will be available on the school’s website and will be incorporated into the school prospectus, assemblies, web portal etc.

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, will be informed of this policy and will support its implementation.

This procedure was drawn up June 2018 by Lynn Carini
Approved by Governors: June 2018
Review date: September 2019

I agree to the above.

Pupil Sign.....

Parent sign.....

Headteacher sign