Packed Lunch Policy

Aim:

All packed lunches brought into school are packed safely, are healthy, (based on the national standards set for school lunches) and consumed around a positive dining experience.

Rationale:

Our Eco-council have been monitoring the packed lunches in school along with the healthy school dinners and salad bar. Through discussions we have noticed that the majority of lunch boxes are well balanced and we all like a sweet treat! We have put together a packed lunch policy that we would like all our families to take notice of, if we make small changes we can develop healthier lifestyles.

Our School:

- Pupils in Reception and Key Stage One will be supported to take up their Universal Infant Free School Meal entitlement.
- We will provide a safe, clean environment for pupils to eat their packed lunch.
- We will store packed lunches in a cool, dry place.
- We will allow pupils on packed lunches and school dinners to sit together.
- We will provide free drinking water for pupils on packed lunches.
- Pupils on packed lunches with food allergies and intolerances will be supported by lunchtime supervisors.

Packed lunches should include these items every day:

- Energy food – choose wholegrain varieties like bread, pasta, couscous, rice, chapattis and wraps.
- Protein food - like meat, fish, dairy, eggs, lentils and beans.
- At least 1 or more portions of vegetables and salad.
- 1 portion of fruit.
- A dairy food – like milk, cheese, yoghurt, custard or calcium-enriched plant-based dairy alternative.
- A drink of water, milk or fruit juice.

Packed lunches can occasionally include:

(approx. once per week)

- Meat based food items like sausage rolls and pies.
- Cakes and biscuits.
- Crisps
- Flapjacks, chocolate bars

Packed lunches should not include:

- Snacks high in salt - instead include plain popcorn, vegetable sticks, seeds, savoury crackers or breadsticks.

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- Confectionery like sweets - instead include fruit, flapjack.
- Soft drinks – fizzy drinks, squash (those labelled no-added sugar or sugar free contain harmful sweeteners and encourage a taste for sweet food and drinks).
    - No Nuts or nut products should be in our packed lunchboxes this includes Nutella products.
    - No Lollipops in lunchboxes

Assessment and review:

- The Eco-council will carry out an annual lunch box audit.
- Lunchtime supervisors will reward healthy packed lunches in line with our lunchtime reward scheme.
- The packed lunch policy will be sent home when items are brought in to school that don't meet the standards. If this continues on a regular basis, parents will be invited into school to discuss the matter.

A note on sustainability:

Sustainable food nourishes both our health and the environment. There are some simple things we can all do to make what's on our plate, or in our packed lunch, more sustainable. See the Food for Life Packed Lunch Guidance resource for top tips on incorporating sustainability into lunchboxes, including using less single-use packaging, and trying healthy and delicious meat alternative ideas.

Useful links for further information:

- Food for Life Packed Lunch Guidance resource
- School food standards: resources for schools - GOV.UK (www.gov.uk)
- Lunchbox ideas and recipes – Healthier Families - NHS (www.nhs.uk)
- What is sustainable food? | Sustain (sustainweb.org)

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