



Packed Lunch Policy for Eppleton Academy Primary School

Review Date: 20th October 2021

Person in charge: Mrs K Bushby

Overall aim of the policy:

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

How and why the policy was formulated:

- *To make a positive contribution to children's health.*
 - *To encourage a happier and calmer population of children and young people.*
 - *To promote consistency between packed lunches and food provided by school, which must adhere to national standards set by the government.*
- Please visit www.schoolfoodtrust.org.uk for more information.*

National guidance:

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

Where, when and 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:

- *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 the pupils 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.*

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)*
- *oily fish, such as salmon or tuna, 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 plain water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.*

Packed lunches should not include:

- *snacks such as crisps (should be included only occasionally). Instead include, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers, corn snacks or breadsticks served with fruit, vegetables or dairy food are also a good choice.*
- *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.*
- *Meat products such as sausage rolls, individual pies, corned beef and sausages / chipolatas should be included only occasionally, i.e. once per week. These should not be warm.*

Special diets and allergies

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.

Monitoring

Packed lunches will be regularly reviewed by teaching staff / midday meal supervisor's / pupil packed lunch helpers.

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. Parents always have the right to take children home for lunch.

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 policy will be available on the school's website and will be incorporated into the school prospectus.

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.