



Packed Lunch and School Dinners POLICY

Our school is:

- a safe, **supportive** stimulating learning environment;
- a **team** of respectful, tolerant, open minded citizens;
- a community where everyone **aspires** to be the very best they can be;
- a community of **resilient** lifelong learners;
- a centre of excellence where all achieve **success**.

PURPOSE

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

Policy Written	September 2024
Written By	Helen Phillips
Next Review	September 2027
Summary of changes	New policy

Approved By:

Head Teacher Date

Chair of Governors Date

Introduction

At Arboretum Primary school we believe that eating in school should be a pleasurable experience: time spent sharing good food with good friends. We want our children to develop healthy eating habits, ensuring they get the right energy and nutrition to thrive in school and beyond. We ensure those entitled to free school meals have healthy food options in school and on trips when necessary.

Aim

- To improve the nutritional quality of packed lunches and other foods taken into school.
- To ensure that all packed lunches brought from home (or on school trips) provide the child with healthy food that is similar in its nutritional value to food served in school.
- To make a positive contribution to children's health by encouraging healthy eating habits in childhood setting a trend for lifelong changes.

This policy applies to all pupils and parents providing packed lunches and other foods to be consumed within school or on school trips during normal school hours.

The policy

- The school will work with the pupils to provide appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches abide by the standards.
- The school will ensure that free, fresh drinking water is readily available at all times and those entitled to milk, have the option of water or milk daily.
- School dinners will have 3 options available each day alongside fresh salad and fruit.
- Wherever possible, the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.
- Parents/Carers will be encouraged to follow the Eat Well plate model for packed lunches. This could include the following every day:

- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals. • Dairy foods such as milk, cheese, yoghurt.
- Drinks - the school provides fresh drinking water so no additional drink is necessary. Sugar free squash and flavoured water is allowed as part of the packed lunch.

To keep packed lunches in line with the food based standards for school meals, packed lunches should not include:

- High fat, high salt/ high sugar snacks such as crisps and sweet popcorn, or other high salt processed savoury snacks such as Dunkers.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum. • Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Fizzy / sugary drinks. This includes high sugar juices and soft drinks such as Capri Sun and Ribena.

Occasionally, the following may be included:

- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.
- Plain cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.

- The school will allow children to bring in crisps and chocolate biscuits (not bars) on a Friday when we have pizza or fish and chips on the school meal menu.

School dinners

Special diets and allergies

The school is a nut free zone! Please check that the food in your child's packed lunch does not include nuts. In addition please do not bring into school any items that are labelled with 'may contain nuts'. The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. For these reasons pupils are not permitted to swap or share food items.

Health and safety

It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack if possible. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

Storage of Packed Lunches

The school will provide storage area / facilities for packed lunch bags, in the most convenient place possible. However the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Assessment, evaluation and reviewing:

Our Midday Supervisors are responsible for managing the lunch hall. Healthy lunches will be celebrated by stickers. Where parents and pupils do not adhere to the Packed Lunch Policy, they will receive a letter in the packed lunch reminding them of the guidance. If a child regularly brings a packed lunch that does not conform to the policy, the school will contact the parents to discuss this. Items which are not permitted e.g. crisps, chocolate covered biscuits etc. will not be allowed to be consumed. Children will be asked to take them home at the end of the day.

Dissemination of the policy

The school will write to all new and existing parents / carers to inform them of the policy. The policy will be available on the school's website and will be incorporated into the school welcome pack.

The school will use opportunities such as parent evenings to promote this policy as part of the 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.

Policy Review This policy will be reviewed as part of the schools agreed policy review process.

In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

How and why the policy was formulated:

This should include membership of the working party, the process of developing the policy and issues considered. Include how you consulted parents, pupils and governors before reaching decisions. Include the reasons why you decided to introduce a packed lunch policy, e.g. • to promote consistency between packed lunches and food provided by schools which must adhere to national school food standards. Please visit www.childrensfoodtrust.org.uk/schools/the-standards for more information. • to make a positive contribution to children's health • to encourage a happier and calmer population of children and young people

National guidance: The policy was drawn up using a range of national documents including this template policy from the Children's Food Trust. Where, when and to whom the policy applies: The policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hour

Food and drink in packed lunches: what the policy states Include and adapt the suggestions below as appropriate to the school's individual circumstances: • The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times. • The school will work with parents to encourage packed lunches to meet the standards listed below. • As fridge space is not available, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible. • Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together. Packed lunches should include: • at least one portion of fruit and one portion of vegetables every day. • meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter, falafel) every day. • oily fish, such as salmon, at least once every three weeks. • a starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day. • a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day. • a drink of water, fruit juice or smoothie (maximum portion 150 mls), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink. Packed lunches can occasionally include: • Meat products such as sausage rolls, individual pies, corned meat and sausages. • Cakes and biscuits, but encourage your child to eat these as part of a meal Packed lunches should not include: • salty snacks such as crisps - instead include nuts, seeds, vegetables and fruit with no added salt, sugar or fat. • confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets. • sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).

Special diets and allergies: The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school. Visit www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools. Assessment, evaluation and reviewing Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors / pre-identified pupil packed lunch

helpers (delete as appropriate). Healthy lunches will be rewarded by.... (stickers / certificates / congratulatory letters home / etc). Where packed lunches that aren't in line with the packed lunch policy are brought into school, leaflets will be included in the packed lunch to go home. 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.

Involvement of parents/carers We encourage all children to eat school lunches. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our packed lunch policy. In turn, the school will keep the parents and the school nutrition action group / packed lunch group informed as outlined below (specify). **Linked policies** List all of the school's policies that are relevant to healthier eating. E.g. healthy school policy, stay on site policy etc. **Sharing the policy** The school will ensure that all parents/carers are aware of the policy e.g. by sharing information via the school newsletter, website, prospectus, in assemblies 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. The policy will be shared with all school staff, including teaching and catering staff and the school nurse.