

## Packed Lunch Policy

Spring 2021

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### Summary

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.

At Fieldhead Carr we want the very best lifetime opportunities for our children by giving them the best start.

### Recommendation

Governors to read and agree the policy.

Author's Role	PHSE and Healthy Schools Lead
Date	Spring 2021
Internal review Date	Spring 2022
Official Review Date	As updates

### Where, when and to whom the policy applies:

This policy applies to all pupils and parents providing packed lunches to be eaten within school or on school trips during normal school hours from Spring 2021.

### The Policy:

- Fieldhead Carr will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available.

- Fieldhead Carr will work with the pupils to provide attractive and appropriate dining room arrangements.
- Fieldhead Carr will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- Whenever possible the school will allow children eating packed lunch or school meals to sit together.
- Parents will need to provide children with a suitable container which they can actually eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal.
- Children must only eat their own food and not other children's.

### **Guidance – suggestions of foods to be included in a packed lunch**

**At least** one portion of fruit or vegetables every day.

- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, pasta, rice, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink: water is best followed by semi-skimmed or skimmed milk, fruit juice, drinking yoghurt, milk drinks or smoothies.
- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

### **Suggestions for food to include less often in a healthy packed lunch (we recommend 2/3 times a week)**

- Snacks such as crisps.
- Chocolate coated biscuits or wafers.
- Cakes
- Meat and pastry products such as sausage rolls or pies

### **Suggestions for food not to include in a healthy packed lunch (these are all foods we have already asked children not to bring to school).**

- Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.

## Special diets

The school also recognises that some pupils may have verified medical conditions requiring 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.

**Assessment, evaluation and reviewing:** Packed lunches are reviewed by lunchtime staff as well as our School Food Ambassadors, as part of their supervision of the children. Children eating healthy lunches will be rewarded by stickers and other awards. Pupils' on special diets following verified medical advice will be given due consideration.

### **Publication 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 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.