



Reevy Hill Primary School

Policy Documentation

Packed Lunch Policy

OUR VISION

To ensure that pupils are provided with a healthy and nutritious packed lunch in line with the national standards

Responsibility for Review: Headteacher & Business Manager

Relationship to other Policies	Date	Status
This policy has links to our policies on • Food Policy	February 2018	Governor Approval
	February 2020	Review

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.

Where, when and to whom the policy applies:

This 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: what the policy states:

- 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
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks, where possible, to stop the food going off.
- The school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together

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
- Daily food such as milk, cheese, yoghurt, fromage frais or custard every day
- Only still water (plain or flavoured),

Foods to be included occasionally, but best avoided:

- Snacks such as crisps should only be included on a Friday. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks are also a good choice.
- Cakes (including small fruit pies and tarts e.g. Mr. Kipling) and biscuits (e.g. penguin, 2 finger Kit Kat etc.) are allowed occasionally (x1 per week) 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.

PLEASE NOTE – NOT ALLOWED

Fizzy drinks and confectionary such as chocolate bars (e.g. Twix, Mars Bars etc.) and sweets are not allowed as part of a packed lunch, in line with our Food Policy

Special diets and allergies

At Reeve Hill Primary School, a register will be kept identifying any pupils with particular food allergies. All staff will be made aware of nut allergy sufferers and a proportion of staff will be trained in the use of epipens.

- 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.

Assessment, evaluation and reviewing:

- Packed lunches will be regularly reviewed by teaching staff/catering staff/lunchtime supervisors
- Healthy lunches will be rewarded through the use of stickers /congratulatory letters home.
- 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 confirm 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 confirm to the packed lunch policy.

In turn, the school will keep the parents informed through: Life channel, Prospectus, website and Reception induction pack. The school will also use opportunities, such as parents' evening, to promote this policy as part of a whole school approach to healthier eating.

Chair of Governors:

Date:

Headteacher:

Date