

Barlborough Primary School – Packed Lunch Policy

Updated December 2020

Overall aim of the policy:

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.

How and why the policy was formulated:

Barlborough Primary School introduced a school packed lunch policy in order –

- 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 guidance 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 hours.

Food and drink in packed lunches: what the policy states

- 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.
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Packed lunches should include:

- **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. (This does not include Dairylea Lunchables or similar products).
- ▲ A drink: water is best
- Pretzels, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

Food that should not be included in a healthy packed lunch, or only included in moderation

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

Food that should NEVER be included in a packed lunch

- **PLEASE NOTE** - Due to having children with severe allergies in school, we would ask that you **DO NOT** send any products that **DO, OR MAY** contain nuts, nut products or seeds. Although they can be very healthy, they could be a danger to other children with allergies.

- Soup or other hot foods/liquids are not allowed in school.
- Confectionery such as chocolate bars. Sweets and chocolate are not allowed at lunch or any other time.
- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.

Special diets and allergies:

The school is aware of food allergies and 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.

The school does recognise 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.

Barlborough Primary School actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a child's ability to learn effectively.

Assessment, evaluation and reviewing

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday supervisors).

Healthy lunches will be rewarded by stickers.

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.

Last Reviewed and Approved at Full GB 16-12-20 – reviewed every two years.

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