



Spring Meadow Infant and Nursery School

PACKED LUNCH POLICY

Overall aims of the policy:

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

How and why the policy was formulated:

The Policy was formulated by a working party of parents, staff and governors.

A parental questionnaire informed the policy, which was drawn up by the working party.

Reasons a packed lunch policy was formulated:

- To make a positive contribution to children's health and our continuing Healthy Schools Status
- To encourage happier and calmer children
- To promote consistency between packed lunches and food provided by school, which must adhere to national standards set by the government.
- To ensure consistency with healthy eating/healthy living in the school curriculum.

National Guidance:

The policy was drawn up using a range of national documents including information from the School Food Trust.

Where, when and to whom the policy applies:

To all parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from September 2008

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 parents to ensure that packed lunches comply with the standards listed below:
- As refrigerated food storage space is not available in school, parents are advised to send packed lunches in insulated bags or sandwich box type containers with freezer blocks (where possible) to help prevent perishable food deteriorating, particularly in warm weather conditions.
- Wherever possible 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/or vegetables every day
- either meat, fish or other source of non-dairy protein every day
- 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 every day

Packed lunches should not include:

- nuts
- peanut butter
- cakes or biscuits covered in chocolate
- processed fruit products e.g. Fruit Winders
- processed cheese products e.g. cheese strings, 'dunkers'
- fizzy drinks
- sweets or other confectionery

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 **not** permitted to swap food items.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff and lunchtime supervisors.

Healthy lunches will be rewarded by stickers

Parents who do not adhere to the Packed Lunch Policy will receive a leaflet in the child's lunch box 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 the issues.

Please note that 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. In turn, the school will keep the parents and the Healthy Eating Working Party informed as per the methods detailed below under "Dissemination of the Policy".

Dissemination of the policy:

- The policy will be sent to all existing parents, and placed in the Welcome Pack for all new parents.
- 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 Fit to Learn Weeks to promote this policy as part of a whole school approach the 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.

Policy approved and adopted:

Due for review:

Signed:

Dated: