

Packed Lunch Policy.

Name of school: Ferryside VCP School

Date policy approved and adopted: February 2019

Date due for review: January 2020

Overall aim of the policy:

To ensure that parents work with the school to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils (as far as possible) with healthy and nutritious food.

School setting:

If your child/children have any particular educational and health needs, or cultural or religious beliefs which may impact on diet, please inform the school as soon as that is know.

How and why the policy was formulated:

- To promote consistency between packed lunches and food provided by schools which must adhere to national school food standards.
- 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 a policy template from 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 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 appropriate 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 ideally 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 ml), 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 where possible 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).

The school is also aware of the personal preferences and dietary requirements of children but would urge parents wherever possible to encourage a balanced diet for their child.

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. It also acknowledges that staff, both teaching and non-teaching may have allergies which may also impact on daily school life

Visit www.anaphylaxis.org.uk/schools/help-for-schools for information on managing allergies in schools.

Evaluation and reviewing

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 are expected to provide their children with packed lunches which are in line with our packed lunch policy.

Linked policies

List all of the school's policies that are relevant to healthier eating. E.g. healthy school policy.

Sharing the policy

The school will ensure that all parents/carers are aware of the policy e.g. by sharing information via the school 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.

Should there be any changes to an individual's dietary requirements then parents are encouraged to inform the school in line with this policy.

Signed: Cllr M Stephens

Dated: February 2019