

**Broad Oak  
Primary  
School**



**PACKED LUNCH POLICY**  
June 2016

Attitude

Behaviour

Courage

Determination

Enthusiasm

Friendship

Resilience

## BROAD OAK PRIMARY SCHOOL PACKED LUNCH POLICY 2016

### **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 regulated by national standards.

### **The policy will:**

- Make a positive contribution to children's health.
- Support our school's Healthy School status.
- Promote consistency between packed lunches brought from home and food provided by the school.
- Encourage a happier and calmer school population.
- Contribute to the self-evaluation for review by Ofsted.

### **The policy applies to:**

- All food brought from home to be consumed in school, this includes lunch time and other times during the school day, including on school trips.
- All staff eating food brought from home within school or on a school trip in the presence of pupils.

### **Facilities provided by the school for those bringing a packed lunch:**

- The school will ensure that eating food from home is a sociable experience where good behaviour and consideration for others is maintained.
- Fresh drinking water will be provided.
- Staff who supervise eating food from home are aware of school policy and hygiene procedures.
- 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 keep the food fresh.

### **Packed lunches should include:**

- At least one portion of fruit or one portion of vegetables every day e.g. Apples, grapes, carrots
- A sandwich, wrap or tortilla containing meat, cheese, fish or other source of non-dairy protein e.g. houmous and falafel.
- Other items could include pasta, rice, couscous, noodles, potatoes or other type of cereals.
- Dairy food such as milk, cheese, yoghurt, fromage frais every day.
- Only water (still), fruit juice, milk, yoghurt or milk drinks and smoothies.

### **Packed lunches should avoid:**

- Snacks such as crisps

**Alternatives could** include seeds, vegetables and fruit (with no added salt, sugar or fat), savoury crackers, fruit, vegetables or dairy food are also a good choice.

- Confectionery, such as chocolate bars, chocolate-coated biscuits and sweets.

**Alternatives could** include small cakes, shortbread, plain biscuits or flapjacks.

- Meat products such as sausage rolls, individual pies, sausages / chipolatas should be included only occasionally.
- Drinks with added sugar or sweeteners and fizzy drinks.

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## **Mid-morning break**

### **Early years / KS1**

All children are provided with a free piece of fruit through the School Fruit and Vegetable Scheme (SFVS) administered by the Department of Health.

### **KS2**

Only fresh fruit, dried fruits and seeds and cut up vegetables are allowed to be brought in as snacks at break time.

**No chocolate, sweets or biscuits should be brought into school.**

**To ensure the safety of children with nut allergies, no nuts of any kind should be brought into school.**

### **Special diets and allergies**

The school is aware that some pupils may suffer from severe allergic reactions to certain foods. In cases where the school has been informed of this by parents or the school nurse, provision is made in school to ensure all staff are made aware of this.

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 lunchtime organisers.

Parents and pupils who do not adhere to the Packed Lunch Policy will receive a leaflet in their 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 this.

It is not our intention to tell parents what and how they should be feeding their children, but we want to work with our parents to educate our children about healthy dietary choices, so they can make their own informed choices when they are older.

**Please note:** Pupils with special diets will be given due consideration.

### **Involvement of parents/carers:**

Pupils are able to eat a lunch provided by the school and cooked on the school premises. However, parents of pupils wishing to have packed lunches will be expected to provide their children with packed lunches which conform to our packed lunch policy.

### **Dissemination of the policy:**

The school will inform parents/carers of the Packed Lunch Policy via the school newsletter and at parent meetings. The policy will be available on the school's website and will be incorporated into the school's prospectus. The school will use opportunities such as parents' evenings and 'Healthy Eating Week' to promote this policy as part of a whole school approach to 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 written: June 2016

Agreed by Governors:

Agreed by Staff:

Policy review date: June 2017

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