



**Nurture: Inspire: Challenge - To develop - Creativity: Love of Learning: Excellence**

## **Packed Lunch Policy**

<b>Version</b>	<b>02/15</b>
<b>Name of Policy Writer</b>	<b>Alison Waldron</b>
<b>Date Written</b>	<b>February 2015</b>
<b>Last Reviewed</b>	
<b>Next Review Due</b>	<b>February 2018</b>

## **THE AIM OF THIS POLICY**

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food that meets the National Food Standards.

## **WHY DO WE NEED A POLICY?**

Currently, in Calderdale around one in twenty children are obese by the time they leave Junior School. Eating a healthy diet and exercising regularly can help children to stay a healthy weight as reflected in the Change 4 Life message '**eat well, move more, live longer**'. Eating a healthy lunch at school is important to help children to stay healthy and feel good.

This packed lunch policy has been developed in response to Government Guidelines and following observations of children's packed lunches which showed that some contained too many unhealthy foods and sugary drinks and not enough vegetables.

## **FOOD AND DRINK IN PACKED LUNCHES**

We will ensure that fresh drinking water is readily available at all times and we strongly encourage a water only policy. It is not necessary to include a drink in your child/s packed lunch as water is provided.

Where possible, any uneaten food will be sent home to help ensure that parents are aware what their child/children are and are not eating.

We will ensure we listen to parents' views and ensure that this policy meets the needs of children and their families.

We will ensure that packed lunch and school dinner pupils are able to sit and eat together.

## **PACKED LUNCHES SHOULD INCLUDE:**

- At least one portion of fruit **and** one portion of vegetables every day.
- A starchy food such as any type of bread, pasta, rice, naan, chapatti, couscous or potatoes every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter, eggs and falafel) every day.
- Dairy food such as milk, cheese, yoghurt or fromage frais every day.
- Oily fish, such as salmon or sardines at least once every three weeks.
- Only water or fruit juice (fresh drinking water is provided)

## **PACKED LUNCHES SHOULD NOT INCLUDE:**

- Snacks that are high in salt and/or fat such as crisps, snack-a-jacks, salted peanuts.
- Confectionary items which are high in fats and/or sugar such as sweets, chocolate bars, cereal bars, chocolate biscuits.
- Sugary drinks such as fizzy drinks, Fruit shoots, milk shakes.
- Processed meat and other products such as sausage rolls, individual pies, corned meat, samosas, pasties, pepperami and sausages should only be included occasionally.

## **SPECIAL DIETS AND ALLERGIES**

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 this reason pupils are also not permitted to swap food items.

We do not allow nuts or products that contain nuts in school due to the risk of cross-contamination, as this is a health risk to our pupils with nut allergies.